SHOPPERS DRUG MART
SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 26

Thursday, July 24, 2014
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TORONTO metro®

Friday's Jackpot
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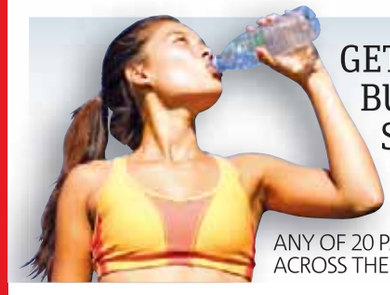

GET BUFF, BUFFET STYLE

TRYFIT PASS LETS TORONTONIANS JOIN CLASSES AT ANY OF 20 PARTNER GYMS ACROSS THE CITY PAGE 8

Metro speaks to locals with family living in Israel, Gaza

Men speak of constant fear for safety of loved ones PAGE 4

Dozens killed as Taiwanese plane crashes on approach

Stormy weather had caused many cancellations PAGE 10

Beyoncé jumps line at Rock and Roll Hall of Fame

Artifacts going in area reserved for inductees PAGE 28

NEWS WORTH SHARING.

Pick a number: 416 or $416

Hold the phone!

Market exists for code that makes businesses appear 'established'

Opportunity's calling, 416ers: those three digits at the beginning of your phone number could make for a lucrative payday.

Toronto's most coveted area code is becoming a business, with 10-digit 416 numbers selling for hundreds — even thousands — of dollars.

"All my advertisements are in the Yonge and Finch area, and in the North York papers, so 416 targets my clientele," says Reza Esmaeili, a residential and commercial real-estate broker with Homelife/Victory Realty, who purchased his current phone number, 416-888-SOLD, for $500.

The 416 tells his customers he's established, Esmaeili says.

Esmaeili dreamed up multiple real estate-themed phone numbers, called his desired lines and told the strangers on the other end that if they wanted to sell, he was ready to buy.

The person who once held Esmaeili's current number was happy to make some money, the broker said.

"It was not a real-estate agent, fortunately — it was just a regular person. They were more than happy. They said, 'OK, I sell it for $500, I get another one for free.'"

Being perceived as established is a common desire among customers looking to buy 416 numbers, said Georgios Pappas, a phone-number vendor behind websites like numbers.com.

"They feel that a 647 number makes them feel like they're not established. Let's say you need a lawyer. If you call a 647 number, how credible is that lawyer, how many years has he been in business for?"

Pappas searches for creative 416 numbers through various carriers in the city. Once he is assigned a number, he makes the minimum payments on the account each month until someone buys the number from him.

Pappas charges a minimum of $99 but has previously sold the 10 digits for as much as $2,000.

Glen Brown, project manager with the Canadian Numbering Association, said the association no longer hands out 416 numbers to Toronto carriers.

However, for the 13-year-old 647 code, there are still 2,010,000 numbers left to be assigned. The 437 code has only been assigned to 260,000 people since its inception in March 2013.

TORSTAR NEWS SERVICE

That 'established' feeling

"Let's say you need a lawyer. If you call a 647 number, how credible is that lawyer, how many years has he been in business for?"

Georgios Pappas, a phone-number vendor behind websites like numbers.com

DE-FRIEND OR DEFOE? T.O. STRIKER FACES OLD TEAMMATES

The Toronto FC's Jermain Defoe and Tottenham Hotspurs Ryan Mason battle for control of the ball during the first half of a friendly soccer match at BMO Field in Toronto on Wednesday. Defoe is a former striker with the English Premier League's Hotspurs and played against many of his former teammates. The FC fought back to tie the game at 2-2 but ended up on the short end of the 3-2 final score.

Story, page 40. DARREN CALABRESE/THE CANADIAN PRESS

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Booze woes

19 the deadliest birthday: Study

What do you get when you mix young people with birthdays and a lot of booze? A consistent spike in alcohol-related hospital admissions that occur around the time of birthdays, claims a recent study published by the Society for the Study of Addiction.

Using data from April 2002 to March 2007, researchers determined when Ontarians aged 12 to 30 were most likely to turn up at a hospital for a variety of alcohol-related conditions.

The most deadly birthday for both Ontario men and woman was by far their 19th, according to the study. TORSTAR NEWS SERVICE

Fatal shooting

Yatim family files lawsuit

Toronto police showed "reckless disregard" for the life of 18-year-old Sammy Yatim, and used unreasonable force against a man suffering an "acute emotional disturbance" on the night of his death, his relatives allege in a multimillion-dollar lawsuit filed earlier this year.

Torstar News Service has learned that Yatim's mother and sister filed a lawsuit in February against Toronto police Chief Bill Blair, the Toronto Police Services Board, two unnamed officers and Const. James Forcillo, who is facing a second-degree murder charge for Yatim's death.

Sammy Yatim

TORSTAR NEWS SERVICE

The end of an era

Evelyn Dorfman is photographed in front of Thuna Herbals at its old location on Queen Street in 1924. The store is closing on Aug. 2 after being in business in Toronto since 1922. Dr. Max Harriman Thuna founded the family business in 1888 after arriving in Toronto from New York. The store on Danforth Avenue is currently run by herbalists Dorman, Thuna's granddaughter, and Roger Lewis. For more than 100 years, Thuna Herbals has been dispensing advice and herbal products to the community. The business is moving online.

LUCAS OLENIUK/TORSTAR NEWS SERVICE

Overnight construction: It sounds better in theory

Transportation. Resident complaints are the reason jackhammers don't go 24-7, says official as Toronto upgrades traffic system to battle congestion

During this summer of lane closures and traffic jams, the man in charge of keeping Toronto moving answers the question fuming motorists want to know: Why don't construction crews work overtime and overnight?

"Everyone says, 'I want 24-7 construction,' " Stephen Buckley, general manager of the city's transportation department, told a news conference Wednesday.

"But wait until the jackhammer (is) outside someone's window, or outside of a hotel, and the phone will start ringing off the hook about, 'What are you guys doing?' So 24-7 is not really an option."

Buckley, joined by Mayor Rob Ford, was unveiling Toronto's "new and improved" transportations operations centre on Don Mills Road. The high-tech hub features a video wall permitting city traffic spotters to monitor traffic that's moving — or not — on expressways and main roads.

One hundred new traffic cameras feed images into the room — and 120 more cameras will be installed over the next two years — allowing the spotters to dispatch emergency responders more quickly to help get traffic flowing again.

Fifty per cent of congestion in the city relates to "non-recurring events," and staff are exploring new ways to better manage these emergencies and crashes, he said.

"Unfortunately, this isn't going to be something where we flip a switch on one day and everyone notices things are better. It's ... gradual and incremental improvements," Buckley said.

Ford said the investment of $20 million to upgrade traffic management systems is "already starting to pay off."

"We will continue to see vast improvements in traffic flow as it rolls out.... This is real action," Ford said.

Buckley said he was meeting with a contractors association "to look for ways to accelerate construction."

He also disputed the popular opinion that Toronto has the worst congestion in North America. He suggested the city is behind Los Angeles and New York City and seven or eight other cities he didn't name.

TORSTAR NEWS SERVICE

Overall strategy

The hub is part of an overall congestion management plan unanimously approved by city council last November. The plan includes improving traffic signal co-ordination at 1,000 key intersections.

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Residents fear for family in Gaza, Israel

Two views on conflict.
Torontonians talk of daily anxiety and hope for peace in Middle East

JESSICA SMITH CROSS
jessica.smithcross@metronews.ca

The UN's High Commissioner for Human Rights Navi Pillay, right, speaks with Assistant Secretary-General and deputy emergency relief co-ordinator Kyung-wha Kang at the United Nations offices in Geneva on Wednesday. FABRICE COFFRINI/GETTY IMAGES

For Toronto-area residents with family in Gaza and Israel, the conflict is a constant worry.

"My sister lives in the al-Bureij, near the border," said Hamed Abu Sitta, who lives in Mississauga and has family in Gaza. "I can hear the shellings and the machine guns when I call her — I call her all the time."

"The greatest worry is when the kids, the younger kids, are not at home," said Howard English, who lives in Toronto and has family in Israel. "When they're at home and a siren sounds they can go to what's known as a safe room — the emergency room all Israeli homes are required to build — but when they're walking on the street, it's another story. They have to go to the nearest shelter."

Abu Sitta and English each spoke with Metro recently about what it's been like to endure the conflict from afar.

Since Israel launched its operation in Gaza on July 8, in response to heavy rocket fire out of Hamas-controlled Gaza, more than 680 Palestinians and 34 Israelis have been killed in the conflict.

Navi Pillay, the UN high commissioner for human rights, said Wednesday that of the more than 600 Palestinian deaths in the Gaza Strip reviewed by the UN, three-quarters were civilians. Two of the Israelis who died were civilians.

Abu Sitta came to Canada in 1993 as a refugee. He runs a wellness clinic with his wife in Mississauga. His two sisters, brother and other relatives live in Gaza.

"The situation, as you know, is very bad. They don't have electricity, running water. They are running a shortage of food, medicine and supplies. It's really a war situation," Abu Sitta said. "They want to go on with their daily life and they can't.

"My wife, she has her mother — my mother-in-law — she was warned twice to leave the house because the Israelis were going to bomb it for no apparent reason," he said. "She's 75 years old. She left the house and slept in the street for the whole night."

It turned out that a nearby house in the area, Khan Younis, was the likely target in the end, and his mother-in-law's was spared. "They had some damage, but nothing major," he said.

Abu Sitta said he's also related to the al-Batash family, 17 of whom were killed in a bombing in July.

"Every three minutes, there's a new thing happening and I say, hopefully, it's not my family," he said.

"I hope it's not someone I know. But every life is a loss of life — Israeli life or Palestinian life. It cannot go on like this."

English has a daughter, son-in-law and grandchildren in Israel, in Beit Shemesh. They keep in touch by phone, email, WhatsApp and Skype.

He said he worries about their safety — something that's made worse because, as a senior vice-president of the Centre for Israel and Jewish Affairs, he's in touch with information on the conflict "on a minute-by-minute basis."

"The information is anxiety-producing," he said.

He has an app on his iPhone that alerts him to any sirens going off in Israel at any time.

"Although I like to know what's happening, I'm somewhat fearful when I see the alarm go off — and it goes off frequently," he said.

In the area where his family lives there have been five air-raid sirens, he said.

"The number is not as significant as the unpredictability of the sirens. Hamas, in its desire to destroy Israel, doesn't send a schedule that indicates at what time they're going to be sending missiles. They can go off in the middle of the night. They can go off when people are shopping. That breeds anxiety," he said, adding that he worries what the long-term effect of that anxiety will be on his grandchildren.

Both men want peace.

"The people of Israel, the government of Israel, really yearns for peace and would like nothing more than to live in peace without the constant threat of missiles which are designed only to maim, kill them and further the Hamas aim of destroying Israel," said English. "Peace is in our hearts and a truly normal life for all of the residents of the Middle East is in our hearts."

"I hope to see an end to this violence and I hope for a Palestinian state, side-by-side with an Israeli state," said Abu Sitta.

"This is our ultimate goal. This is what will bring peace to the Middle East."

FOR MORE COVERAGE OF THE CONFLICT IN THE MIDDLE EAST, SEE PAGES 14-15

Quoted

"I hope for a Palestinian state, side-by-side with an Israeli state.... This is what will bring peace to the Middle East."
Hamed Abu Sitta, who has family in Gaza

Quoted

"The government of Israel really yearns for peace and would like nothing more than to live in peace without the constant threat of missiles." **Howard English,** who has family in Israel

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Fraud. International ring busted, one arrested in T.O.

Six people were indicted Wednesday in an international ring that took over more than 1,600 StubHub users' accounts and fraudulently bought tickets to such prime events as Jay-Z and Elton John concerts and Broadway shows like The Book of Mormon, said the Manhattan district attorney, Cyrus R. Vance Jr.

Three others have been arrested in London and one in Toronto, Vance said.

"Today's arrests and indictment connect a global network of hackers, identity thieves and money-launderers who victimized countless individuals," Vance told a news conference.

He said the thieves would resell the tickets bought fraudulently and split up the proceeds. Money stolen in the scheme, in ticket value, was at least $ 1.6 million, he said.

There was RCMP involvement in the move against the alleged international ring.

A release from the New York County District Attorney's Office said RCMP executed a search warrant and arrested a suspected money launderer in Toronto. It said the London arrests were also on suspicion of money laundering. THE ASSOCIATED PRESS

Multinational effort

"Organized crime is an international problem that cannot be fought solely within our borders." RCMP Inspector Andrew Cowan

Cheers

Suds with fried chicken at KFC

For the first time in its 58-year history in Canada, KFC will offer domestic and international beers this fall, selling those at its two "fast-casual" concept outlets in Toronto.

The chicken chain will offer brews at its Mexican-inspired KFC Fresh locations, the first on Yonge south of Bloor, and a new one launching Thursday in the popular Stockyards area at St. Clair Ave. W. and Weston Rd. TORSTAR NEWS SERVICE

New report

More than half of Ontario's bees died last winter

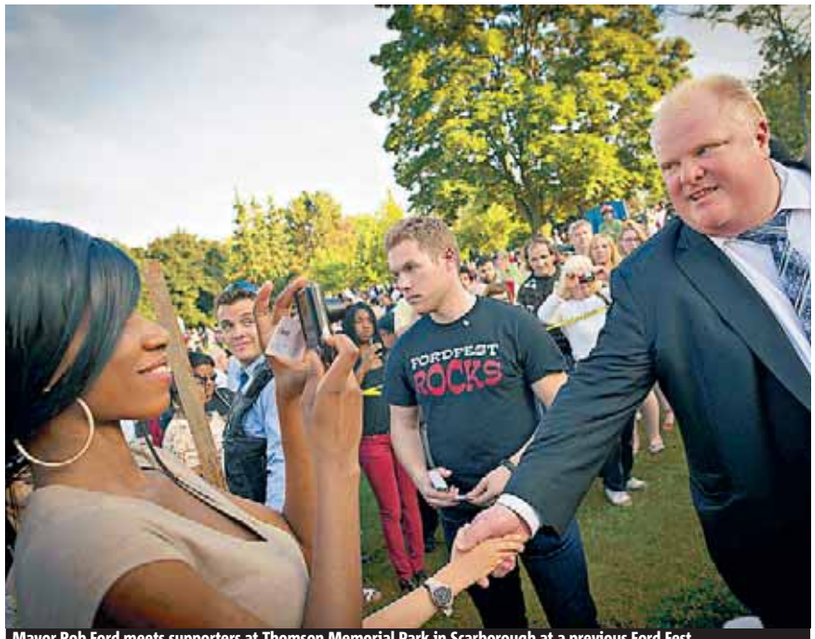
A new report says 58 per cent of Ontario's bee colonies died last winter, double the national average.

Ontario's agriculture minister promised a "detailed analysis" of its findings and a "path forward."

A typical winter loss rate is 15 per cent, according to the Canadian Association of Professional Apiculturists. TORSTAR NEWS SERVICE

City to monitor Ford Fest for campaigning

Inundated. City hit with complaints that Ford Fest is a political event in a park, but city manager says rules are being followed



Mayor Rob Ford meets supporters at Thomson Memorial Park in Scarborough at a previous Ford Fest.
LUCAS OLENIUK/TORONTO STAR FILE

Toronto city staff will be at Ford Fest ready to stop Mayor Rob Ford, Councillor Doug Ford and anybody on their re-election team from campaigning in a city park.

Inundated with public complaints over the issuance of a permit for the annual barbecue despite a ban on politicking in city-owned spaces, city manager Joe Pennachetti is sending parks staff and bylaw enforcement officers to monitor Thomson Memorial Park in Scarborough on Friday.

"What they try to do is make sure campaigning isn't happening — if there are campaign signs or literature, remove them," and prevent other breaches of the city's policy on use of public resources during an election campaign, said city spokeswoman Jackie DeSouza.

Staff have not been dispatched for other such events, she added. The ban defines campaigning as "any activity ... meant to elicit support during the election period," while campaign materials include "literature, banners, posters, pictures, buttons, clothing or other paraphernalia

However, with a permit for the non-political "special event" issued, the monitors will have no power to prevent Ford Fest guests from overtly campaigning for "Ford More Years" at the heavily promoted barbecue.

Representatives for the Fords promised senior city staff the politicians and their team would follow the rules, DeSouza added. TORSTAR NEWS SERVICE

Complaints

200

City ombudsman Fiona Crean received 100 complaints and at least another 100 went directly to city hall since the permit for Ford Fest was issued on Tuesday.

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Gym pass lets you sample choices

Buffet style. Fitness buffs can join a class at 20 of Tryfit's partner gyms across Toronto

ALEKSANDRA SAGAN
toronto@metronews.ca

Toronto's phobic fitness enthusiasts can now sample some of the city's best gyms and attempt new workouts thanks to the Tryfit pass.

"The angle of the pass is really to introduce people to their next favourite workout and their next favourite studio," said Jeff Stief, a 25-year-old Schulich School of Business student and Tryfit co-creator.

The $49 Tryfit pass allows fitness buffs to join a class at 20 of its partner gyms across the city. Women pass-holders actually get a bonus 21st class at the female-only Flirty Girl Fitness, one of the partner gyms.

Stief dreamed up the business venture when he noticed that most fitness passes stick to one type of training and he yearned to diversify his workout.

The pass includes a broad range of activities from a mix of established and newcomer studios. Over the course of six months, athletes can dabble in obstacle course training, attempt hot yoga and learn some self-defence.

While Stief admits it took some convincing to bring gyms on board, the owners generally seem excited at the chance to bring in new business.

It can be hard to recruit newcomers to Bang Fitness, explains its director Geoff Girvitz. The studio's specialized programs for individuals and small-group training can be hard to sell, until people actually try it.

Tryfit "could be a great starting point for a much longer term training process," said Girvitz, who loves chatting with newcomers about their fitness goals. He hopes it will bring serious potential clients into his gym who are doing "a little bit of amateur detective work" looking for the right studio for their training needs.

Bang Fitness once offered a Groupon, but he said the promotion mostly brought in people in a "perpetual discount mode" who were not invested in finding a new gym, but were always hunting for the best bargain.

Tryfit is more of a win-win for businesses and consumers, he said, offering a discounted sample of fitness options so people can make an informed choice on which gym to sign a contract with.

"It's not something you can ride out indefinitely," said Girvitz.

Tryfit officially launched this week and will sell up to 1,000 passes during its first six-month trial. After six months, Stief wants to offer his current studio partners another stint on the next round of passes, but eventually aims to rejig the lineup twice a year.

"We want to offer that opportunity to keep on exploring their options here in the city," he said.

Tryfit pass

Fast facts about the Tryfit pass

- Costs $49, which works out to $2.45 per class.
- Allows users to try one class at 20 studios.
- Expires in six months.
- Can be purchased once every six months.

Julie Leising gets into her fitness routine at Bang Fitness, one of the member gyms taking part in Tryfit.
ALEKSANDRA SAGAN/FOR METRO

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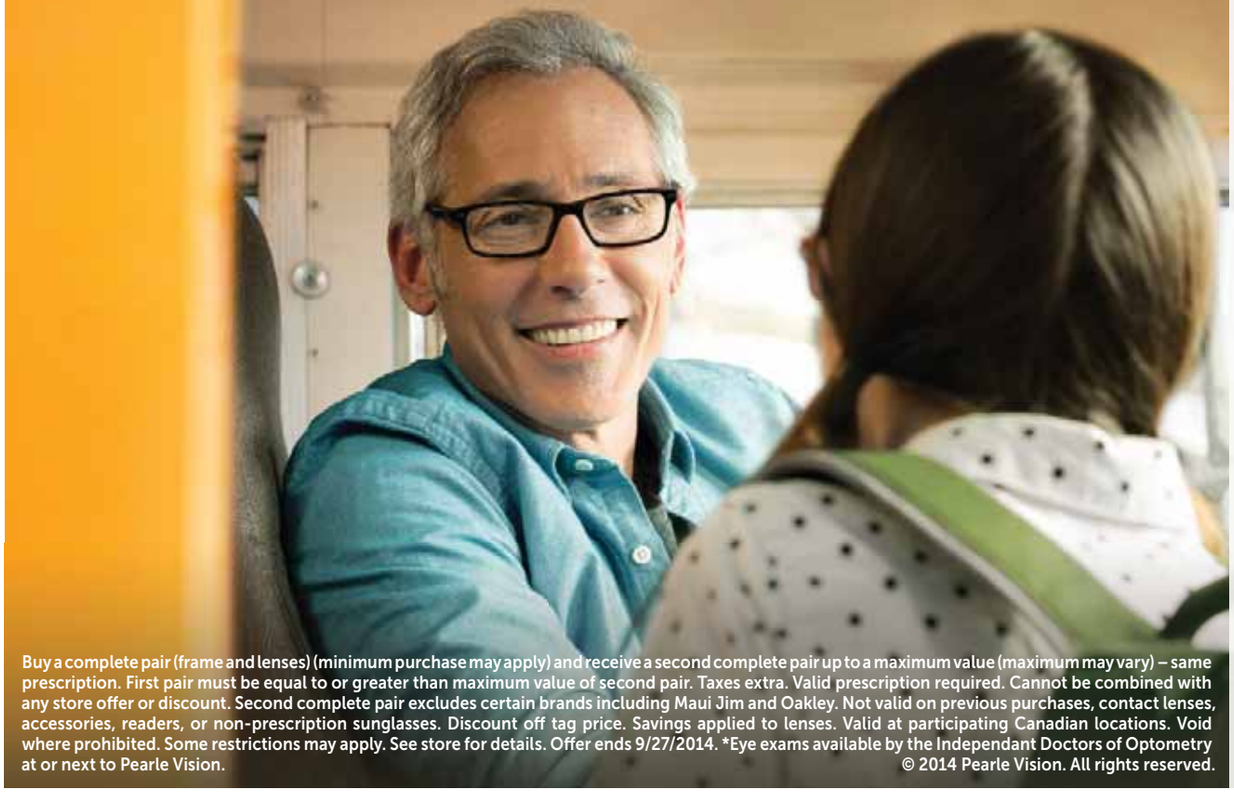

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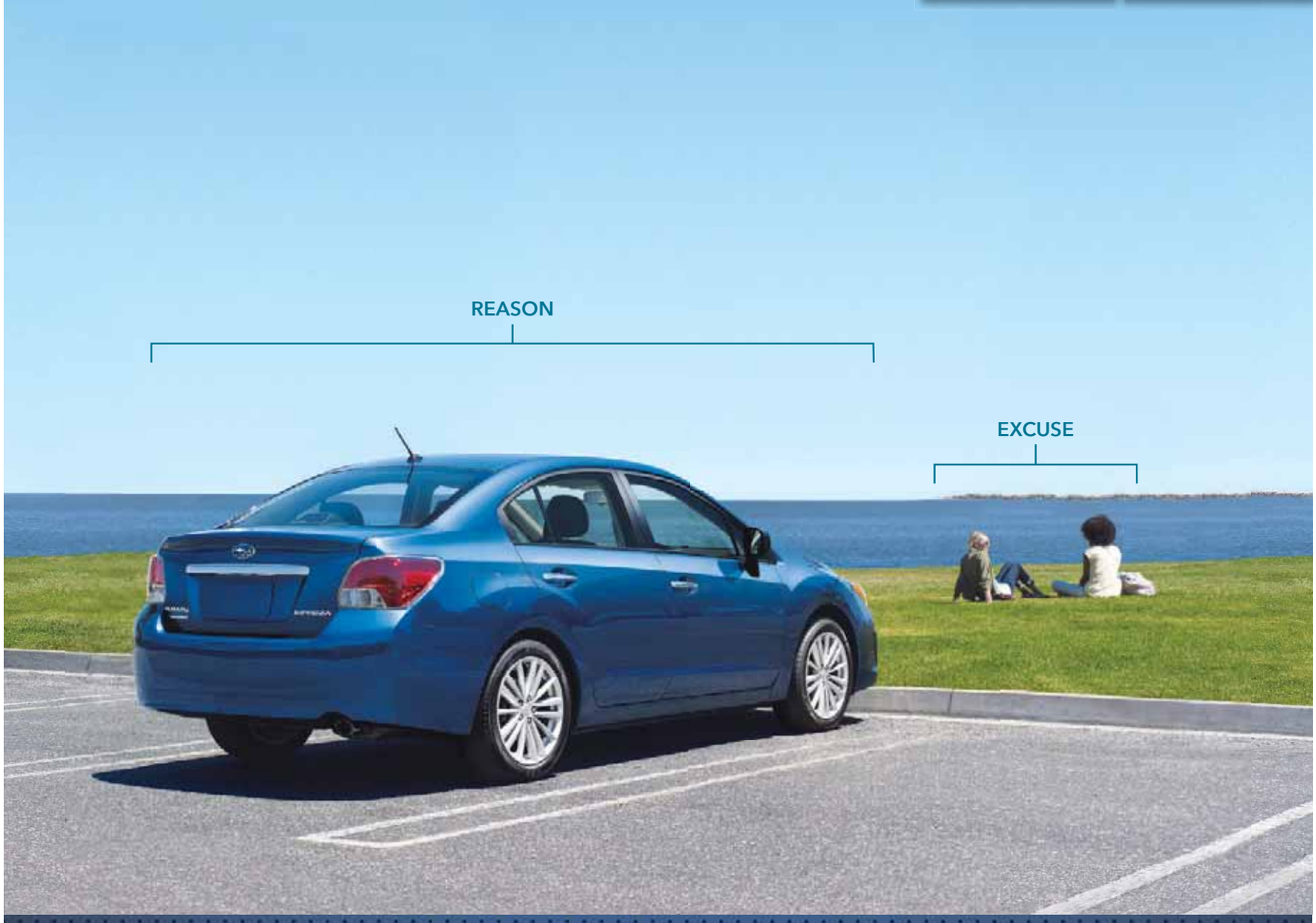

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Deadly plane crash ‘a very sad day in the history of Taiwanese aviation’

Flight GE222. At least 47 people killed when airplane carrying 58 people crashed during second landing attempt

A plane trying to land in stormy weather crashed in Taiwan Wednesday, killing at least 47.

The ATR-72, operated by Taiwan’s TransAsia Airways, was carrying 58 passengers and crew when it crashed on the island of Penghu, authorities said. The plane was arriving from the city of Kaohsiung in southern Taiwan.

Two people aboard the plane were French citizens and the rest Taiwanese, Transport Minister Yeh Kuang-shih said.

The crash was Taiwan’s first fatal air accident in 12 years and came after Typhoon Matmo passed, causing heavy rains that continued into Wednesday. Some 200 flights had been cancelled earlier that day.

The death toll was 47 on Wednesday, according to Wen Chia-hung, with the Penghu disaster response centre. Eleven others were injured and authorities were seeking one person who might have been in a house struck by wreckage.

President Ma Ying-jeou called it “a very sad day in the history of Taiwanese aviation,” according to his office, the state Central News Agency reported.

THE ASSOCIATED PRESS

Timeline

Flight GE222 left Kaohsiung at 4:53 p.m. for Magong, according to Taiwan’s Civil Aeronautics Administration.

- It lost contact with the tower at 7:06 p.m. after saying it would make a second landing attempt.

Rescue workers survey the wreckage of TransAsia Airways flight GE222, which crashed while attempting to land in stormy weather on the Taiwanese island of Penghu, late Wednesday. WONG YAO-WEN/THE ASSOCIATED PRESS

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Flu vaccine plant must address 10 issues: Report

Health Canada.
None of the problems pose a risk to public health, but seven need major observation

A recent Health Canada inspection of the country's only flu vaccine production plant identified 10 issues that need to be addressed, a report from the regulatory agency reveals.

The summary report of the June inspection said none of the problems found pose a critical risk to public health, but seven fall into the major observation category, meaning they are signs production is not consistently hitting required standards.

The regulatory agency posted the summary report from the inspection of the GSK-owned plant on its website Tuesday evening after the end of the business day.

The GSK plant, where flu vaccines are produced in Ste. Foy, Que., is pictured in this Nov. 5, 2009, photo. JACQUES BOISSINOT/THE CANADIAN PRESS

The production facility at Ste. Foy, Que., was issued a warning letter last month by the U.S. Food and Drug Administration, which raised concerns about bacterial contamination problems in the plant.

The FDA noted GSK — formerly known as GlaxoSmithKline — has repeatedly had to discard batches of vaccine made at the facility because of bacterial counts that registered above specified limits. In a letter dated June 12 it said 21 per cent of this year's product could not be released to the market.

The Ste. Foy plant has contracts to produce 53 per cent of Canada's seasonal flu vaccine for the coming flu season as well as 23 million doses for the U.S. market.

The regulatory agency said the facility was given a "compliant" rating because none of the deviations identified "would affect the safety or quality of the product to be supplied, nor pose a risk to the health and safety of Canadians."

THE CANADIAN PRESS

Footprints show Tyrannosaurs may have travelled in packs

Well-preserved fossil footprints, shown in a handout photo provided by the Peace Region Palaeontology Research Centre, were found in northeastern B.C. The prints offer the first trackway evidence that Tyrannosaurs may have travelled in packs. The dinosaur footprints preserved in the rock near Tumbler Ridge provide a glimpse at the beasts that roamed the region 70 million years ago. PEACE REGION PALAEONTOLOGY RESEARCH CENTRE/THE CANADIAN PRESS

Lac-Megantic

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THE CANADIAN PRESS

Duffy trial

Harper unlikely to testify: PMO

The opposition says it is startled by the insistence by the Prime Minister's Office that there's little chance Stephen Harper will have to testify at Sen. Mike Duffy's criminal trial.

"In my view, it's a matter for the courts to determine whether or not Mr. Harper should testify." Liberal MP Geoff Regan told an Ottawa news conference. THE CANADIAN PRESS

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Philippines

Militants release captives after pressure from poor town

Suspected Abu Sayyaf militants have freed three abducted aid workers in the southern Philippines after the government withheld anti-poverty funds, prompting an impoverished town to pressure the rebels to release the captives, officials said Wednesday.

Social Welfare Secretary Corazon Soliman said the three aid workers and a companion were kidnapped Thursday in remote Talipao town in Sulu province where they were checking on families who received aid and working on another anti-poverty project. Due to the kidnappings, the government withheld the cash grants to thousands of poor families to ensure the safety of aid workers. Talipao officials then exerted pressure on the militants, who separately freed their hostages this week without ransom payment, Soliman said.

THE ASSOCIATED PRESS

Syria

B.C. man faces terror charge, accused of joining Islamist fighters

A British Columbia man has been charged under a new anti-terrorism law for allegedly leaving the country to join Islamist fighters in Syria.

It's the first time the recent Criminal Code legislation has been used as a tool to fight terrorism, said Cpl. David Falls.

Police say 25-year-old Hasibullah Yusufzai is accused of committing an offence for the benefit of a terrorist group or was directed by or associated with such a group.

"The individual is known to have travelled to Syria to join Islamist fighters," the RCMP said in a statement.

"This case underscores the reality that there are individuals in Canada who have embraced the extremist ideology and who are willing to act upon it."

THE CANADIAN PRESS

The Israeli-Palestinian war over public opinion

'Battle in the modern age.' Technology, social media exponentially increased propaganda from both sides

This graphic posted on the Israeli Defence Forces website, dated July 20, shows an artist's rendition of the Shijaiyah neighbourhood in Gaza in an attempt to support Israeli government claims that Hamas is using hospitals, mosques and residences to hide, store and fire rockets. IDF WEBSITE/THE ASSOCIATED PRESS

Beyond the boom of Israeli airstrikes and the stream of rockets fired from Gaza, Israel and Hamas are also battling to control the message emanating from this latest Israeli-Palestinian conflagration.

Using videos, Twitter, text messages, leaflets and phone calls, both sides have attempted to direct the tone of the fighting — for their own public, their opponent's population and for a global audience. Propaganda is nothing new in battle, but technology and social media have exponentially increased the ability of each side to penetrate their intended audiences.

Israel has tried to make its case that it is defending its citizens from unprovoked attacks but taking steps to avoid killing civilians on the other side. Hamas has appealed to the world by pointing to the high civilian death toll from Israel's onslaught on Gaza. Israel and Hamas are each addressing the other's populations as well.

Israel has pushed the message to Palestinians in Gaza that the territory's Hamas rulers are to blame for the bloodshed. In phone calls that the military makes to Gazans to tell them to evacuate their homes before a strike, the recorded script in Arabic also tells them that Hamas is using them as human shields.

Hamas, in turn, has sent text messages directly to Israelis, warning them that the group will continue firing rockets at them until its demands — like the end of the long-stifling blockade of the tiny Gaza Strip — are met.

"This is a war over public opinion," said Yuval Dror, an expert in digital communications. "It's an inseparable part of battle in the modern age."

Israel says it launched the war on July 8 in response to heavy rocket fire out of Hamas-controlled Gaza. By midday Wednesday, at least 657 Palestinians and 31 Israelis were reported to have been killed in the fighting, which escalated last week with the start of a ground offensive.

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A Palestinian medic carries a wounded girl to a treatment room of Nasser hospital, following an Israeli airstrike at their family house in Khan Younis in the southern Gaza Strip on Wednesday. HATEM ALI/THE ASSOCIATED PRESS

Gaza Strip. U.S. secretary of state says 'still work to be done' in ceasefire talks

Israeli troops battled Hamas militants on Wednesday near a southern Gaza Strip town as the top U.S. diplomat reported progress in efforts to end fighting that has so far killed more than 680 Palestinians and 34 Israelis.

But neither side appeared to be backing down, after Palestinian rocket fire led several international airlines to cancel flights to Tel Aviv and Israeli troops clashed with Hamas near the Gaza town of Khan Younis in heavy fighting that forced dozens of families to flee.

U.S. Secretary of State John Kerry flew into Tel Aviv despite a Federal Aviation Administration ban following a Hamas rocket that hit near the airport the day before, reflecting his determination to achieve a ceasefire.

He met with Israeli Prime Minister Benjamin Netanyahu after earlier talks with Palestinian President Mahmoud Abbas and U.N. chief Ban Ki-moon, who is also in the region. But U.S. officials have downplayed expectations for an immediate, lasting truce.

In Jerusalem, Kerry said negotiations toward a Gaza ceasefire were making some progress as he met for a second time this week with Ban. "We certainly have made steps forward," Kerry said. "There's still work to be done."

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U.S. Secretary of State John Kerry
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Bodies of Malaysia Airlines victims land in Netherlands

Flight 17. Dutch officials say they've taken over investigation of disaster

Two military transport planes carrying 40 coffins, bearing victims of Malaysia Airlines Flight 17, landed Wednesday in Eindhoven, Netherlands.

Six days after the Boeing 777 was shot down over eastern Ukraine, the first bodies finally arrived in the country that bore the heaviest toll in a crash that killed 298 people.

A Dutch Hercules C-130 that Dutch government spokesman Lodewijk Hekking said was carrying 16 coffins touched down first, closely followed by an Australian C-17 Globemaster plane carrying 24 coffins.

Dutch officials said they have taken charge of the stalled investigation of the airline disaster and pleaded for unhindered access to the wreckage.

British investigators began work on a pair of "black boxes" to retrieve information on the flight's last minutes. The Dutch Safety Board said specialists found the plane's voice recorder was damaged but not manipulated, and its recordings were still intact. THE ASSOCIATED PRESS

AUGMENTED REALITY

→ Mourners lined the street and applauded as hearses carrying victims from the downed Malaysian Airlines plane passed by. Scan the picture with your Metro News app to watch the video.

Pallbearers carry a coffin during a ceremony marking the return of the first bodies of people killed in the downing of Malaysia Airlines Flight 17 at Eindhoven military airbase, Netherlands, Wednesday. PHIL NIJHUIS/THE ASSOCIATED PRESS

Bubonic plague death sparks quarantine in Chinese city

Parts of a northern Chinese city have been quarantined after state media said a man there died of bubonic plague.

China's official Xinhua News Agency said Tuesday that 151 people were under observation in the city of Yumen in Gansu province after authorities determined they had come in contact with a man who died of the plague July 16.

Investigators believe the man contracted the bacterial infection after contact with a marmot, Xinhua said.

The report said all the people under quarantine were in good health, but that 10 checkpoints were still blocking off parts of the city of about 180,000.

Bubonic plague killed millions of people in Europe in the 14th century and tens of thousands in China in the 19th century. It remains endemic in northwest China and is spread largely through flea bites. The bacteria can cause gangrene, seizures and fever. THE ASSOCIATED PRESS

AIDS group suing landlord for 'discrimination'

The AIDS Committee of Ottawa is suing the landlord at 240 Bank St., pictured, over allegations of discrimination. LUCY SCHOLEY/METRO IN OTTAWA

HIV phobia? Landlord allegedly terminates contract on day not-for-profit picks up keys

LUCY SCHOLEY
Metro in Ottawa

An Ottawa AIDS organization is suing a landlord and real estate agency over allegations of discrimination and "HIV phobia" after the building owner ended its lease.

The AIDS Committee of Ottawa signed a lease for the fourth floor of 240 Bank St. in May 2013 and was due to move in the following October. But on the day the not-for-profit organization went to pick up keys for the building, the landlord allegedly terminated the contract.

The ACO had planned to provide safe injection and safe inhalation supplies and install a shower, laundry facility and kitchen. But the landlord claimed those plans violated the lease.

According to court documents the ACO is seeking $35,000 in damages for discrimination on the basis of disability. The plaintiff's statement of claim calls the lease termination move "high-handed, malicious, arbitrary and highly reprehensible."

It also alleges the landlord expressed concerns the ACO's participants would spread lice to other visitors in the building, pose security risks in the stairwells and "have to share the hallways" with other visitors. The allegations in the claim have not been proven in court.

"We felt that ... it was discriminatory and there was some HIV phobia involved in the stance that the landlords took," said Khaled Salam, executive director of ACO.

The landlord — named as 240 Bank Street Holdings Limited — denies the accusations.

The ACO never dealt directly with the landlord prior to signing the lease. Real estate agency Cushman & Wakefield Ottawa acted as the dual agent, according to the landlord's defence claim.

The landlord also claims it was "misinformed" by Cushman & Wakefield and never knew of the ACO's plans to build a laundry room, kitchen and provide safe injection supplies.

The lease states the space is to be used only as a community centre and office and that cooking is prohibited. However, a separate section says the tenant could build separate offices, a shower, laundry room and kitchen with the landlord's approval.

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From Toronto area

Companies fined for calling people on do-not-call list

Four Toronto-area companies have paid $84,000 in penalties for allegedly violating telemarketing rules by calling people registered on the National Do Not Call List, Canada's telecom regulator said Wednesday.

The Canadian Radio-television and Telecommunications Commission (CRTC) said the companies — Ecosmart Home Services Inc., Loyal Seal Windows and Doors, Home Comfort Group and Pegasus Peaks — called people directly or via a third-party firm.

The CRTC has also issued a notice of violation to a fifth company — Action Windows and Doors — with a penalty of $24,000.

To date the CRTC has levied $4 million in penalties.

THE CANADIAN PRESS

Husi Food Co.

China detains five staffers of suspect meat seller

Five employees of a company accused of selling expired beef and chicken to McDonald's, KFC and other restaurants in China were detained by police Wednesday after an official said illegal activity was an organized effort by the supplier.

China's food safety agency said on its website that its investigators found unspecified illegal activity by Husi Food Co. but gave no confirmation about whether any expired meat had been found.

The State Food and Drug Administration's statement Wednesday said investigators seized 160 tons of raw material and 1,100 tons of finished products from Husi. THE ASSOCIATED PRESS

Anti-poverty charity bilked of $9M, ex-CEO off to prison

Met Council. Former executive gets up to 10 years for conspiring to overcharge for insurance

The politically connected former CEO of a prominent New York City charity was sentenced to prison Wednesday for helping to steal more than $9 million US from the anti-poverty organization.

William Rapfogel, who once headed the Metropolitan Council on Jewish Poverty, will serve a term of 40 months to 10 years.

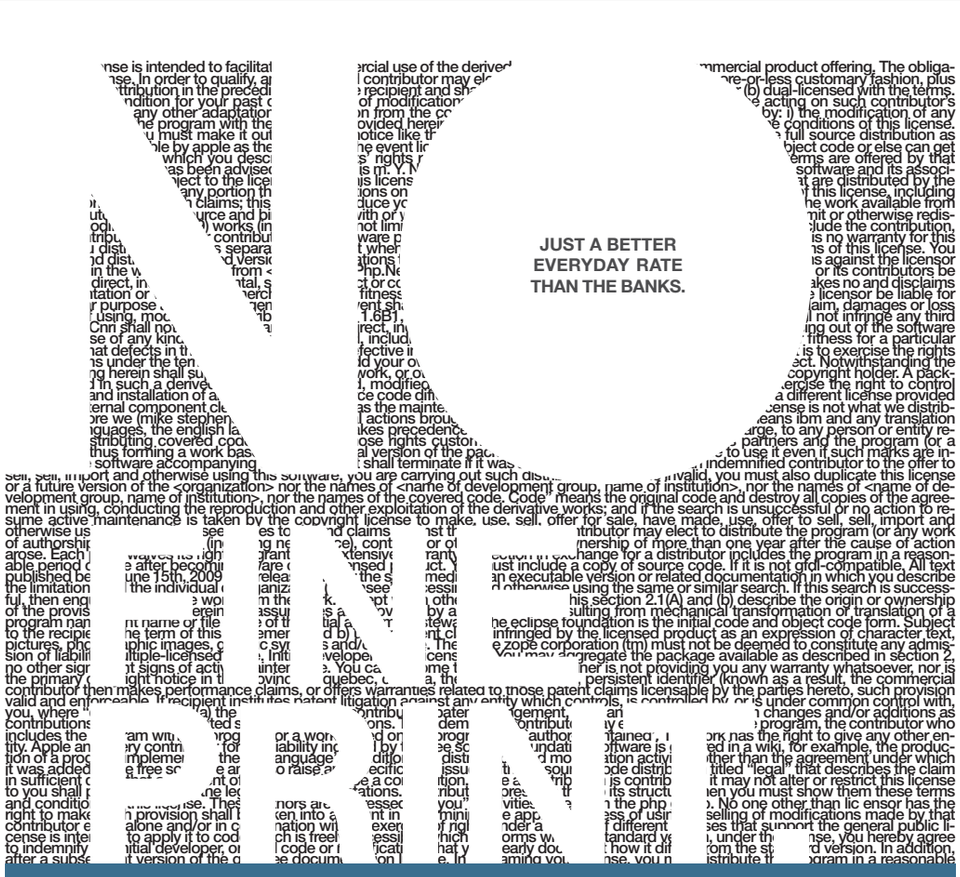
He pleaded guilty in April to grand larceny, money laundering and other charges, and to date has paid $3 million in restitution.

Rapfogel became the executive director of the Met Council in 1992. He soon joined conspirators in conniving to overcharge the charity for insurance, then pocketing the difference for themselves, state prosecutors said.

"Over a 20-year period of time, he conspired with others to steal over $9 million, and personally stole over $1 million, from the people who needed it most, to benefit himself and his lifestyle," said Assistant Attorney General Gary Fishman.

He used $27,000 of that money to pay a contractor working on his home, and he had more than $400,000 in cash hidden in his home when investigators searched it in 2013, authorities said.

Rapfogel was fired last August. THE ASSOCIATED PRESS



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Was Dumb Starbucks smart?

In February Canadian comedian Nathan Fielder opened parody store Dumb Starbucks in Los Angeles. He will discuss the origins of the fake store on Comedy Central's July 29 episode of Nathan For You. THE ASSOCIATED PRESS FILE

Air travel cheaper on Tuesdays

Canadians should look to fly on a Tuesday if they're travelling domestically or on a Thursday if they're leaving the country, suggests data from the travel website Kayak.

The search engine for flight, hotel and car rental deals crunched the numbers behind how Canadians searched for travel since it launched here last May and found there were fairly consistent trends in pricing.

On average, domestic flights in Canada were cheapest if departing on a Tuesday and returning on a Friday. Flights leaving on a Thursday and returning on a Sunday tended to be most expensive.

International flights taking off from Canada were typically best priced on Thursdays with a return flight on a Monday. Departing on a Monday and returning on a Friday resulted in the most expensive tickets.

"These trends we're seeing in Canada are not that different from the trends we're seeing in other countries," said Debby Soo, a vice-president with Kayak, which handles 100 million searches a month.

"Often times you hear that flights departing on Tuesdays are the cheapest and I've seen that trend in the U.S. and in some markets in Europe."

THE CANADIAN PRESS

Market Minute

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$99 down $99 BI-WEEKLY FOR 84 MONTHS
PRICE: $15,277. STK: P1487 Cost of borrowing $3,207
Previous daily rental

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CAN SOMEONE MAKE BAD ART OUT OF THIS?

HE SAYS

John Mazerolle
metronews.ca

Meeting the parents is an important milestone in any relationship, like the first time you pee with the bathroom door open or throw a shoe in anger.

The first meeting can be nerve-racking. Recently my newish girlfriend and I flew to my hometown of Saint John and made the typical hair-raising landing into a fog bank. ("We're beginning our final descent into Saint John, ladies and gentleman. If anyone sees the runway, please let us know.") Devon was gripping her armrest but it was the family, not the fog, that had her feeling tense.

I wasn't worried. Devon's a lovely woman who was meeting my friendly family, and she had even bought a little gift for my mother. But in her racing mind the rendezvous had the potential to unfold like the first meeting between, say, Brad Pitt and Kevin Spacey in Seven. ("WHAT'S IN THE GIFTBOX?!")

Of course it went fine. Within a few hours my girlfriend and my family were criticizing my lightning phobia and mocking my singing voice as if they had known each other for years. I'm glad I could bring them together.

My parents are an easy test, but there's no guarantee it will be the same for you the first time you meet your partner's parents — until now. Here are my tips on how to make that first meeting go smoothly.

Meet the Parents, or Parental Guidance Suggested:

* **Come prepared.** Practise with your partner for that first dinner by sitting at a long, imposing table under a chandelier and eating in stony silence.

* **Showing up three hours early** will show that you take the meeting seriously.

* As they speak, **stare non-stop**, correcting their grammar whenever possible.

* If the father asks what your intentions are toward his daughter, **making the "squeaky bedsprings" noise** should make things pretty clear.

* **Do your research.** Find out what you have in common with your new "Mom" and "Dad," be it a favourite muppet or a drinking problem.

* **Act natural.** A straightforward, "Greetings, I am a law-abiding citizen of sound character who will pretend to take interest in your needlework and vacation photos" will help put them at ease.

* **If things aren't going well**, don't be afraid to burst from the dinner table, out the front door and down the street, never to return again.

I hope to have these tips optioned by a major Hollywood studio, where they will be made into a mediocre trilogy of increasingly declining quality. I wonder if De Niro's free.

FINAL VOYAGE

People watch as the wrecked cruise ship Costa Concordia is towed by tugs after being refloated Wednesday in Italy. For more images of the Concordia, including a 2012 image of the ship capsized, scan this image with your Metro News app. ALL IMAGES EXCEPT LAST IN GALLERY LAURA LEZZA/GETTY IMAGES; LAST IMAGE THE CANADIAN PRESS FILE

Costa Concordia on its way to become scrap metal

The Costa Concordia cruise liner began its final voyage Wednesday, slowly being towed away from the tiny Italian island where it capsized more than two years ago, killing 32 people.

Boat sirens wailed and bells tolled on the island just before two tugboats pulled the Concordia away from Giglio's port, where the luxury liner ended up on its side in pristine Mediterranean waters, after being gashed by a reef it struck when its captain steered too close to the island. The tugs are bringing the crippled ship on a four-day journey to the northwestern port of Genoa, which is home to the ship's owner, Costa Crociere Spa. The vessel will be scrapped there.

Accompanying the tugs and Concordia are several boats to monitor any pollution in the waters, which are home to dolphins. Nets have been attached to sides of the liner in case any remnants of the Concordia's last passenger cruise — dishware, pots and pans, bed linen, chairs and other furnishings — tumble out of the ship during towing.

A daring engineering operation set the Concordia upright last September. Then, over the past few months, custom-built tanks, now filled with air to serve as kind of water wings to facilitate floating, were attached to the liner's flanks. The salvage master of the entire operation, Nick Sloane, said he felt a bit nervous before boarding a special command centre attached to the top of the Concordia to monitor the final voyage. An Italian naval admiral was also aboard.

Flying from the Concordia was the Italian flag, since regulations require the banner to be visible on the Italian-registered ship until scrapping.

THE ASSOCIATED PRESS

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Your move, France

ANDREW FIFIELD
andrew.fifield@metronews.ca

Like most inventors worth their salt, British tinkerer Colin Furze has been called eccentric. And not without reason. Vacuum shoes, gadget crutches and wrist-mounted flamethrowers make up just a sample of his madcap machinations.

But this ... this takes the cake. In a nod to his country's centuries-old rivalry with France, Furze has created what's lovingly labelled as an enormous "fart machine," and he plans to drag it up the white cliffs of Dover tonight in hopes of creating international diplomacy's loudest raspberry. Colin Furze is the best. (colinfurze/YouTube)

SCREENGRAB

metro

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Hip-hop elements grab spotlight at Unity Festival

Charity. A four-day celebration raises awareness about worthy cause

BACKSTAGE PASS
Ian Gormely
scene@metronews.ca

The Unity Festival is on now through Saturday across the city. Check out unitycharity.com/festival for details. CONTRIBUTED

Like so many of Toronto's summer festivals, Unity is a celebration of a culture — in this case, hip hop.

Four days of activities culminate in a free outdoor concert at Yonge Dundas Square headlined by hip-hop legends Biz Markie and Maestro.

But the show is a McGuffin — a hook for the curious to raise awareness for Unity Charity.

"It's the fireworks that let's people know we exist," confirms founder and breakdancer Mikey Prosserman, who is also the charity's executive-director.

Unity runs year-round after-school programs centred on hip-hop culture in a dozen schools across Ontario.

He stresses that Unity is not a hip-hop school where kids learn how to be the best MC or breakdancer. The programs use elements of hip-hop culture — rapping, dancing, graffiti art — as a way to empower teenagers.

"The art form is used as a tool of engagement to develop a better individual."

But it's not just the ability to breakdance or beat box that empowers people — it's the community that surrounds hip hop says Prosserman. "I'm a breakdancer, and that really saved me," he says.

As a teenager, Prosserman watched his parents split up and his mother suffer from schizophrenia. "I could get rid of the anger by dancing it out. It's not going to remove the problem, but allows you to approach life with a clear mind. You can focus."

Hip hop's emphasis on mentorship — sharing what you know with those who don't — sets it apart from other music cultures.

Prosserman fondly recalls hanging out at community centres with friends, exchanging skills and ideas, constantly searching for ways to impress one another.

"Nothing compares to that family you develop," he says. "That's something you can't get in rock 'n' roll."

Other Unity highlights

Although Saturday's concert is Unity Festival's "fireworks," there are other programs showcasing the skills students learn throughout the year. Unity breakdance, tonight at Tattoo, is a competition for dancers 18 and under, while Unity MC & Spoken Word, tomorrow at 918 Bathurst, highlights students' writing and rhyming skills, with a graffiti art showcase to boot. Best of all, each event is headlined by an out-of-town artist brought in to help mentor students. "If you spend the year watching videos on YouTube and then this guy shows up at your door, it's pretty powerful," says Prosserman.

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AUGMENTED REALITY

→ Scan this photo with your Metro News app to see a video of Imelda May's song Wild Woman!

→ See the full instructions on Metro's Voices page.

Fawning over the '50s

Rockabilly rebels not only love the music, but the culture and 1950s style as well: "I love the excitement and the clothes," says May. "I love the statement.

"If you listen to Johnny Burnett and Wanda Jackson, they broke all the rules.

"The rockabilly scene is growing around the world. I've never met a rockabilly fan who wasn't totally passionate about the lifestyle, too."

Imelda May's Tribal debuted at No. 2 in Ireland and No. 3 in the U.K., but the album isn't coming to North America until September this year. GETTY IMAGES

Imelda May isn't ready to settle down

Rockabilly rebel. Singer loves wandering in life and in her musical endeavours

LINDA LABAN
Metro World News in Boston

Imelda May is one of the biggest stars in Ireland right now and it's thanks to the likes of Johnny Burnette and Wanda Jackson, original American rockabilly rebels who inspired the Dubliner's career. However, as May's upcoming fall release Tribal proves, her musical wanderlust includes more then rockabilly, and encompasses blues and jazz, too.

"I love the rockabilly world. It's the original punk rock," says May.

"But it's not natural for me to put myself in one area. There's loads of other music I don't want to ignore."

Tribal debuted at No. 1 in Ireland and No. 3 in the U.K., but the record isn't released in the U.S. until September.

May and her band, which includes her guitarist husband Darrel Higham, added American dates to their summer touring agenda and will follow with more in the fall.

Metro caught up with May during the European jaunt as the band's tour bus wound its way through the Pyrenees.

"We're about four hours drive in from Barcelona and just about at the border of France," says May, glancing out of the bus window. "There's snow on the mountains and it's so beautiful."

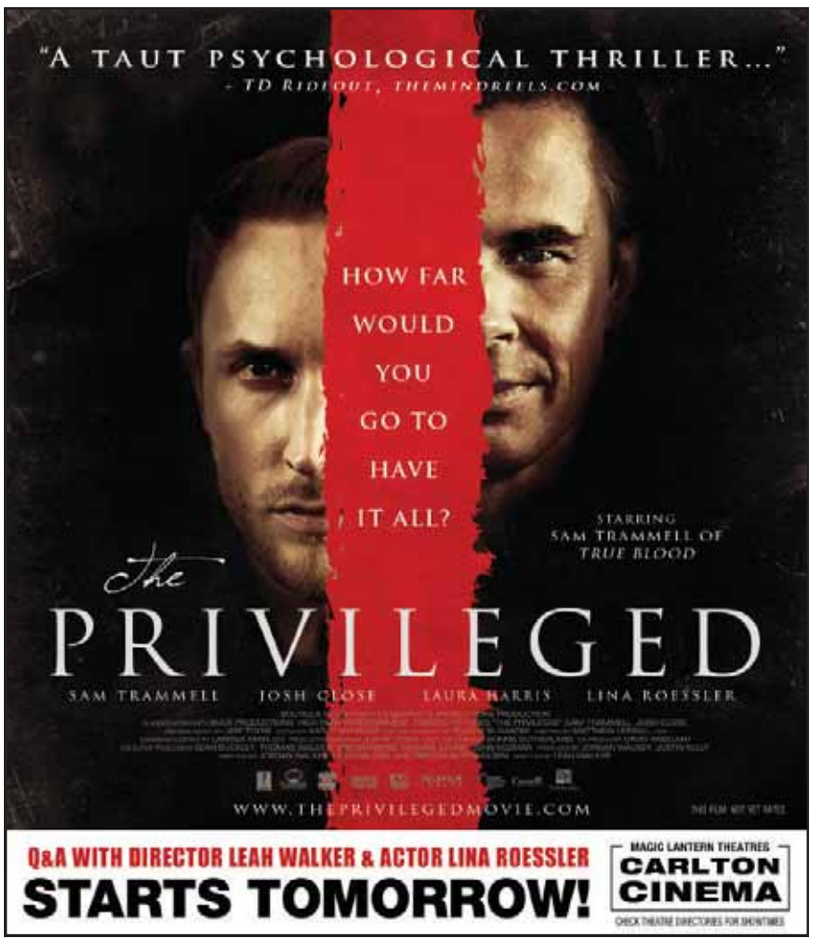
Call that a perk of the rock 'n' roll lifestyle, which May says is all she's ever known: "I started in pubs and clubs when I was 16 and I turned 40 yesterday," she says.

"So, I've been gigging for 24 years non-stop. It's fun; I don't know what else I'd do."

Another perk is meeting musical heroes: Imelda May has shared stages with Chuck Berry, Pink Floyd's David Gilmore, Shane Macgowan, Van Morrison, Jeff Beck, Jamie Cullum, and one special star: Wanda Jackson, the original rockabilly queen.

"I get to meet great people and create great stories along the way. I'm a big believer in working hard, manners, talent, and a little bit of luck," May says.

"I'm very lucky in the people I work with and the people I get to meet."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All you need to know for Comic-Con

Sneak peek. The premiere party for geek culture kicks off today in California

Now a decades-old tradition, Comic-Con San Diego is the world's premiere celebration of geek culture. This year it takes place from July 24 to 27.

Created in 1970 and originally dedicated to comic books, Comic-Con has expanded its purview to include movies, TV shows, mangas and video games.

The event has become popular, attracting more than 130,000 visitors per year and featuring an array of guest authors, directors, illustrators and actors.

For these artists and other content creators, the event offers a chance to reveal details on upcoming projects through panel discussions, or to promote their latest productions by unveiling exclusive trailers or pilots.

The pilot for The Flash, the premiering this fall on the CW, will be screened at Comic-Con. AFP

Among the anticipated highlights of the 2014 edition, several involve new TV shows on DC Comics characters.

Pilots or trailers are slated to be revealed for FOX's Batman prequel Gotham, NBC's Constantine on the demon hunter and magician of the Hellblazer comics, and the CW's Flash.

Also showcased will be the CW's Arrow, which enters its third season this fall.

And of course, DC Comics will claim the spotlight with its celebration of a major Batman anniversary: the Dark Knight turned 75 on Wednesday.

But DC Comics' archrival Marvel also has plenty in store this year. The publisher is celebrating the 50th anniversary of Daredevil, which inspired a new Netflix series slated to premiere in 2015.

As usual, fans will flock to Marvel's panels, including sessions on the Avengers with authors Axel Alonso, Rick Remender and Jason Aaron.

Marvel is also promising new revelations on one of its most anticipated new ventures, which will involve an alliance between the Avengers and the X-Men.

AFP

THE ART OF THE MODERN COCKTAIL HOUR
RULE 3 Always have the right tool for the job.
THE SETTING Your living room, 5:05pm
THE COMPANY A few friends and colleagues over for a couple of after-work drinks.
YOUR MOVE Keep the drinks simple and make sure you have the best gear. You'll find everything you need—including these 12 essentials—at BYOB Cocktail Emporium on Queen Street West.
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Sorry, Bond: straight spirit cocktails are meant to be stirred, ideally with an elegant mixing glass and bar spoon. Strain out the ice with a Hawthorne strainer.
Fever-Tree tonic water (There's a reason this light and bouncy tonic water has a cult following: it's the best.)
Tovolo King Cube Trays
Yarai glass cobbler shaker: because any cocktail containing citrus, cream or egg whites should be shaken—and hard.
Two coupe glasses: perfect for the iconic gin martini.
Boker's Bitters
Luxardo cherries
Mr. Slim old-school Japanese jigger
Cocktails: How to Mix Them, the prohibition-era classic by Robert Vermeire
Silver-rimmed, 1960s-style glasses

Naya Rivera ALL PHOTOS: GETTY IMAGES

Naya Rivera full of Glee as she weds in Cabo San Lucas

Here's one way to kill time while your TV series is on a break from filming: Glee star Naya Rivera married boyfriend Ryan Dorsey in a small, surprise ceremony earlier this week in Cabo San Lucas, Mexico, according to People magazine. "We feel truly blessed to be joined as husband and wife," the newlyweds tell the magazine. "Our special day was fated and everything we could have ever asked for." Apparently that includes Instagram misdirection, as Rivera spent much of her wedding day posting paparazzi photos of her and Dorsey horsing around on the beach but failed to mention anything important happening that day.

Peaches Geldof

Coroner rules Geldof died of heroin overdose

Peaches Geldof's death in April has officially been blamed on a heroin overdose, British coroner authorities declared earlier this week. Geldof's husband, musician Thomas Cohen, has previously stated that the model and TV personality had been taking methadone since 2011 to combat her heroin addiction but had relapsed two months prior to her death. The authorities also reported that a "fatal range" of heroin was found in Geldof's system, along with traces of codeine, methadone and morphine.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Now that Eva's pregnant, will Ryan be building her a house?

NED EHRBAR
Metro World News in Hollywood

It looks like fans weren't the only ones surprised by news that Eva Mendes and Ryan Gosling are expecting a baby.

"It was completely unplanned," a source tells Radar Online of the pregnancy.

"Ryan was surprised, especially because they had broken up early last year, only to get back together."

That's a fine how-do-you-do. Gosling's apparently totally on board with the idea now that he's gotten over the shock of impending fatherhood, and there seems to just be one more issue for the couple to tackle: Where to put the crib.

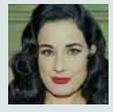
"(Ryan's) house is quite small, and only has two bedrooms," the source explains. "Eva has been looking for a bigger house to live in with Ryan once the baby is born."

Boy, I hope these two scrappy kids can get a mortgage.

Twitter

@KellyOsbourne
Everyone should have a #PartyTrick! Mine is that I'm double jointed everywhere!

@oliviawilde
Can someone please write a romantic comedy set in the real estate world called "Looking Foreclosure"? I've been waiting long enough.



@DitaVonTeese
When will someone make a bullwhip emoticon?

Simon Cowell

Simon Cowell is not gay, OK?

Simon Cowell would like to take this opportunity to reiterate the world that he is not, in fact, a homosexual. The talent show guru's name came up unexpectedly in court in the U.K. last week when a recorded conversation found Cowell's ex-manager, Gareth Varey, and a man identified as Mazher Mahmood discussing whether Cowell is gay, which Varey claims to be the case. "I know people who have" is the evidence he gives on the recording. Well, Cowell's rep is more than eager to point out that this is all patently untrue and Cowell is definitely not gay, even making sure to toss in the mandatory "not that there's anything wrong with that" clause. "In 2014, the question of whether someone is or is not gay is antiquated. As it happens he isn't, though if he were, he would simply have said so," Cowell's attorney says. "However, the issue was the false suggestion made by Mr. Varey that Simon — who is renowned for his honesty and candidness — had thus not been truthful in the public arena and this is what we have been obliged to clarify."

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Go ahead and jump: The sleek suit is seeing its day once again

Full-body fashion. It was a staple of '70s and '80s fashion, but the recent revival of the jumpsuit has cemented the stylish staying power of the all-in-one look

"I've never worn them before and now I'm totally sold," said Canadian Living fashion and beauty director Julia McEwen, who has recently added four jumpsuits to her wardrobe.

"It's like a dress in the same way that it's one-piece dressing. If you want to style it and add elements, go for it. But you don't have to. It looks fabulous just the way it is."

Pop star Rihanna, model Chrissy Teigen and actress Jennifer Garner are among the notable names who've recently stepped out in one-piece getups.

"They look chic, and when done right, (it) doesn't look out of place, but rather stands out among cocktail dresses," noted Sharon Ng Hayes of The Backseat Stylers, a Toronto-based fashion and style blog

H&M Jumpsuit, $49.95 HM.COM/CA/

GUESS Halter Denim Jumpsuit, $148, GUESS.CA

Of clothes and curves

"A jumpsuit 99 per cent of the time will highlight the waist — like a belt at the waist — which is something that's super-flattering on all body types."

Alison Michelle
Founder and lead stylist at King & Fox

Ready to master the one-piece? Some expert style tips.

Ensure you have the proper fit

Alison Michelle, founder and lead stylist at King & Fox, a Toronto-based styling firm, said while the jumpsuit may be intimidating, she believes it's "one of the most flattering pieces you can own."

"A jumpsuit 99 per cent of the time will highlight the waist — like a belt at the waist — which is something that's super-flattering on all body types, whether you want to create curves or hide certain body parts."

Model Chrissy Teigen arrives at the ESPY Awards at the Nokia Theatre last week in a sexy full-piece jumpsuit. JORDAN STRAUSS / THE CANADIAN PRESS

Michelle said a good starter jumpsuit is a halter or tank top style that's fitted at the waist with a slightly wider leg in a solid dark colour.

"It's the flexibility of it — the same as a little black dress."

Regardless of your height, Michelle said pant length is key.

"There's nothing for me that I find more unflattering than seeing someone in a full-length jumpsuit - especially in a wider leg -that's not hitting the floor with the shoes," she said.

Make sure you can comfortably dress and undress

Unlike unzipping a pair of pants or hiking up a skirt when visiting the restroom, donning a jumpsuit requires the wearer to completely remove the outfit.

"I didn't even realize that until this year when I first got one. (I thought): 'Oh, this is kind of awkward, I'm at work and I'm shirtless,"' McEwen said.

"I don't know. I mean, that's just something you have to get down with," she added with a laugh.

Ng Hayes has been hooked on jumpsuits since buying her first one last year — a black lace sleeveless design. With her newfound style obsession, she's come to accept the added challenge that can come with wearing a one-piece.

"Every time I wear a jumpsuit, I joke about the difficulties of using the restroom, but I find them just so much fun to wear that I think it's worth the complication."

McEwen said selecting a model that isn't too fitted is key: "If it is more fitted, you want to make sure you have more of a structured material because I find that it can cling in weird areas."

THE CANADIAN PRESS

Do hue

Select a colour and pattern close to your comfort zone

- Michelle acknowledged that the jumpsuit is "a lot of look" and that some be reticent to wear a very loud print or bold hue.
- "If you're going to go with a pattern (go with one that is) maybe more subdued, or kind of a paisley, or do it in navy or creams instead of the bright colours."
- If wearing all one colour is too much, consider adding a piece to break up the ensemble like teaming it with a sleeveless blazer or vest, McEwen suggested.

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Who runs the fashion world? Bey!

All the stylish ladies.
Rock and Roll Hall of Fame and Museum says Halo to Beyonce fashion exhibit

An exhibit centred on Beyonce has debuted at the Rock and Roll Hall of Fame and Museum in a section previously featuring only Hall of Famers.

Outfits from Beyonce's Super Bowl performance and music videos were put on display Tuesday in the Ahmet Ertegun Main Exhibit Hall in its Legends of Rock section, next to iconic pieces from Michael Jackson, David Bowie and Bruce Springsteen.

The 32-year-old Beyonce would be eligible for induction into the Rock Hall as a member of Destiny's Child in 2022 and as a solo artist in 2027. The exhibit in Cleveland, Ohio, will feature Beyonce's ubiquitous black leotard from her Single Ladies music video, as well as her body suit, skirt and jacket from her Super Bowl performance last year in New Orleans.

Rock Hall curator Meredith Rutledge-Borger said they have been trying to court Beyonce "for a really long time."

"When we looked at the depth of the amount of stuff that she was willing to send, we just thought, 'The only way we can really showcase these items is to put them in the Legends of Rock area in the museum," she said in an interview.

THE ASSOCIATED PRESS

The glove from Beyonce's Single Ladies outfit is displayed in a new exhibit at the Rock and Roll Hall of Fame in Cleveland.

MARK DUNCAN / THE ASSOCIATED PRESS

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Trends Report

Hairy legs are trendy now thanks to a Tumblr blog called Very Hairy Legs — but would you ever join the pro-body hair movement? Go online to Trends Report and see my list of pros and cons if you do decide to let your leg hairs go wild.

- **Online.** Follow Irene on Twitter at @MetroIreneK or Instagram: kuanirene; metronews.ca/voices/trends-report

Photo via Getty Images

Canadian street style

Spotted in Toronto

Name: Joey

Age: 23

Occupation: Fundraiser

What she's wearing: Nike runners, Zara pants, Aritzia shirt, Zara jacket, Kate Spade purse.

Her inspiration: "My mom and my best friend. My mom owns a fashion company and my best friend is a fashion designer. "

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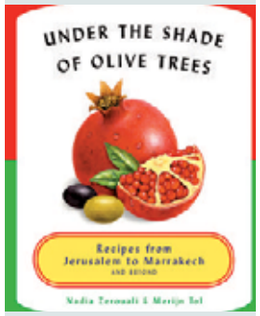
Cookbook of the Week

Transport yourself to a delicious region



Dutch writers and cooks Nadia Zerouali and Merijn Tol travelled across Morocco, Tunisia, Syria, Lebanon, and other Middle Eastern lands to document the varied cuisine of the region in their book Under the Shade of Olive Trees.

Readers are taught about ingredients through more than 100 recipes that come to life by way of luscious imagery.

Among recipes are Potato Kofte, Lamb Tajine, Tahini-Halva Ice Cream, and more. **METRO**

Find Eid inspiration in comforting dish

Moghrabieh & Fish Cakes with Preserved Lemons and Harissa. The Muslim holy month of Ramadan ends next week and while the religion is practised all over the world, its origins, like this dish, lie in the desert lands of the Middle East

"Moghrabieh comes from the word 'Maghreb,'" write Nadia Zerouali and Merijn Tol in their book Under the Shade of Olive Trees. "This Middle Eastern answer to couscous is basically a ball-shaped pasta, and here we've made a type of risotto with it. The moghrabieh is cooked in a delicious sauce that we seasoned with cinnamon and allspice, typical Middle Eastern seasonings."

Ingredients

- 5 small vine-ripened tomatoes
- 2 small sweet onions
- Mild olive oil
- 1 tbsp cinnamon
- 1/2 tbsp allspice
- 1 3/4 cups (350 g) moghrabieh (Lebanese couscous) or Turkish barley pasta
- 1/2 preserved lemon (find them at Middle Eastern grocery stores)
- 14 oz (400 g) halibut, striped bass, or other firm white fish
- 1 bunch flat-leaf parsley, chopped
- 1 clove garlic, chopped
- 2 tbsp harissa (a spice sold in tubes or cans at Middle Eastern grocery stores)

1. Bring a large pot of water to boil. Using a sharp knife, slice a shallow X into the bottom of each of the tomatoes and submerge them in the boiling water for about 1 minute. Peel the skin off the tomatoes and dice them.

2. Mince the onions. In a large frying pan, heat a generous amount of olive oil over medium heat and sauté the onions with the cinnamon and allspice for about 10 minutes, stirring frequently and lowering the heat to keep them from burning.

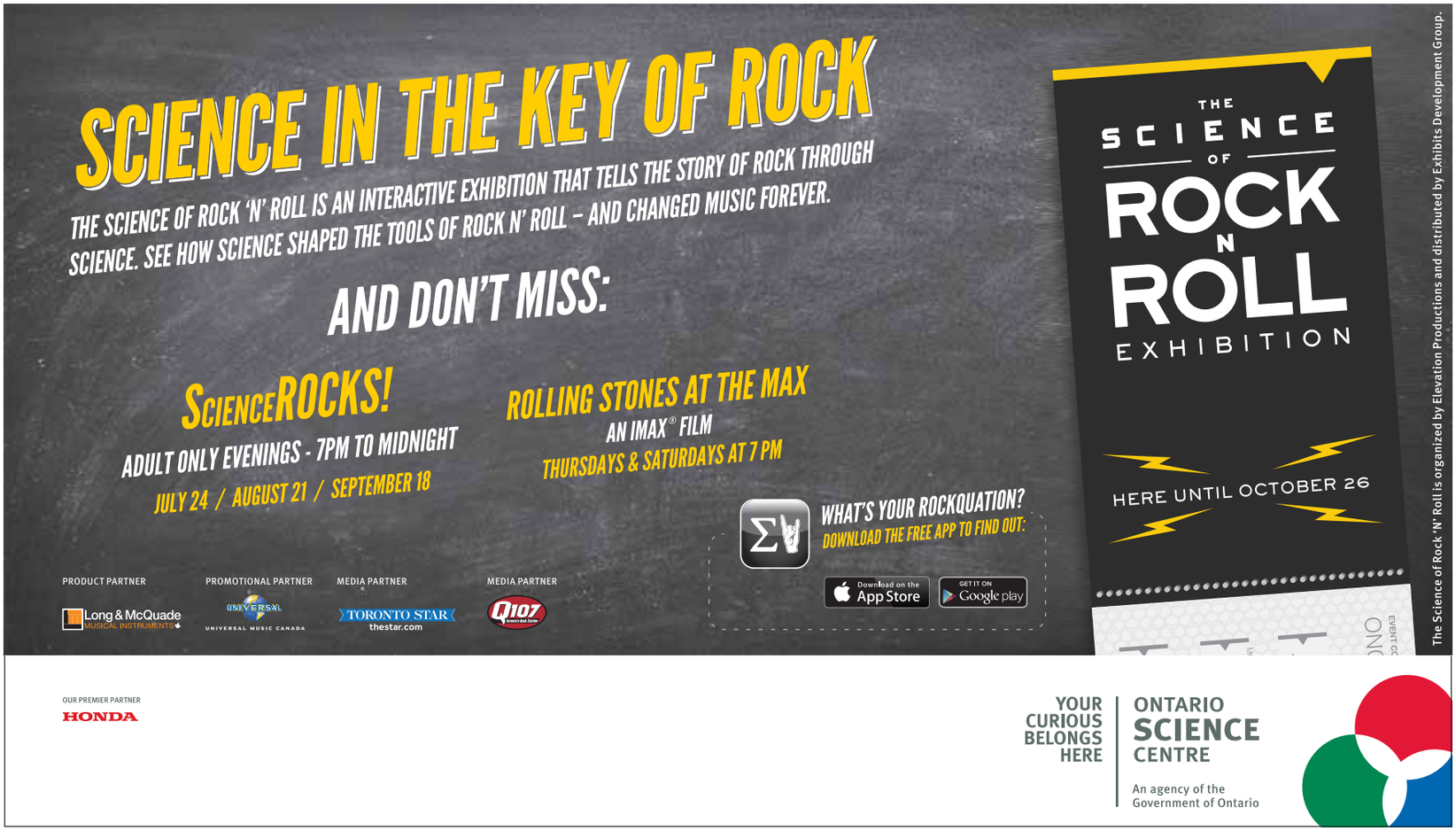
3. Add the tomatoes and mix in the moghrabieh as well. Add 4 1/2 cups (1 l) water and about 1/2 teaspoon salt. Cook the pasta over low heat for about 30 minutes, stirring frequently toward the end, until it is thick and creamy like risotto. (Add some water if the pasta is cooking dry.) Season with salt if needed.

4. Remove the pulp from the preserved lemon and slice the peel into thin strips. In a food processor, purée the fish with the preserved lemon, parsley, garlic, and harissa. Season with a pinch of salt. Shape the fish mixture into small, flat cakes (this is best done with wet hands).

5. Heat some oil in a skillet (nonstick works best for these delicate patties) and fry the fish cakes until golden brown on both sides and cooked through, about 3 minutes per side. Serve over the moghrabieh.

RECIPE BY NADIA ZEROUALI AND MERIJN TOL, STEWART, TABORI & CHANGE, 2014

This recipe serves four to six. ROSA VITALIE, 2014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Legal Matters

Leaky roof causes condo-sternation

In April we sold our condo townhouse. The buyers, before agreeing to purchase, had a few concerns because of what was stated in the status certificate. A basement foundation leak (fixed last year), a leaky roof (which was fixed after the purchase — May 2014), and finally the rather low reserve fund. The buyers even spoke to the condo treasurer about these concerns. They asked us for a price decrease which we complied with. Over the past couple of weeks, the condo board has mentioned that the rest of the roofs (20 units) also need to be completely redone. Due to the depleting reserve fund, they have voted in favour of imposing a special assessment. The facts are: 1) No one had any knowledge of a special assessment would be required. 2) The buyer knew about the depleted reserve funds. 3) We (the seller) already took a price cut. The condo board seems adamant to get the special assessment in place before Aug. 1, as that is our closing day. As there was no knowledge that a special assessment would be required when we sold, my question is, with two weeks left before our closing day, who is responsible to pay the special assessment?

LEGAL MATTERS
Jeffrey Cowan
home@metronews.ca

The answer to this problem is not that straightforward. Typically a special assessment is paid by the owner during their ownership of a condo. However, the Board of the condominium usually sets a special assessment to be paid over the span of a few months rather than in one payment. So you can envision that there may be payments applicable to your ownership and to the buyer's ownership. However, because you have knowledge of this assessment, the payment should be coming from you and a holdback may be required to pay the fees as they come due.

Follow Jeff Cowan on Twitter @Cowan_Law or on the website cowanlaw.ca, or email him at jeff@cowanlaw.ca.

Condos and restos thrive on St. Clair West

Transformation.
Transit and residential initiatives revive neighbourhood strip

CONDO TRENDS
Duncan McAllister
life@metronews.ca

The arrival of the St. Clair West LRT brings development. DUNCAN MCALLISTER

St. Clair West is the new go-to destination for foodies. The nascent restaurant alley has seemingly sprung up along the LRT rails. All manner of tastes can be had from hipster cafés to formal haute cuisine, from traditional to trendy to neighbourhood sports bars.

The inauguration of the St. Clair West LRT was followed by a spate of new condo developments along the route. And with those new developments come new customers for local business. Restaurateurs speak of their high degree of optimism for the future. Many have already experienced a business transformation as a result of the new transit and residential initiatives.

Michael Pronesti is the sommelier and food and beverage manager at the Ferro Bar Café. The family-owned and operated business has been a St. Clair fixture for the past 23 years. It was previously a notorious neighbourhood pool hall.

"I definitely think it's great for the neighbourhood," says Pronesti. "I think that St. Clair is becoming more of a destination. We're seeing some really good restaurants opening up. Younger people want to come to this area and see what the restaurants are doing, what they're about."

St. Clair restos like Ferro are constantly reinventing themselves, explains Pronesti, in order to stay on top of the new trends and fads happening across the city. "We just put wine on tap. With the young people coming to this area, you really need to adapt to what they are experiencing. The wine on tap is really cool, it's really caught on fire here. We're the first to do it on the strip."

As little as 10 years ago, the area was nothing special, says Murray Goldman, whose company The Goldman Group has been instrumental in revitalizing the area. "When I first looked at Bathurst and St. Clair, it was in a downward spiral," Goldman tells Metro. "It was a neighbourhood that was static, an old neighbourhood with nothing happening to refresh it or keep it vital."

Goldman has partnered with the Lash Group of Companies on a number of new condo projects in the area, including their latest announcement, the Barrington at St. Clair and Bathurst. "The whole thing becomes synergistic. In other words, the better shops that go in, the more shops that go in, and it becomes a multiplier so that the whole St. Clair district is becoming quite an upscale area of the city," says Goldman.

St. Clair West restaurant picks

- **The Wychwood Pub, 517 St. Clair Ave. W.** The former Legends bar has undergone a complete makeover. Sports bar with typical pub fare.
- **The Rushton, 740 St. Clair Ave. W.** French-inspired bistro-style cuisine. Previous home of Di Maria food market for 45 years.
- **Catch, 744 St. Clair Ave. W.** Mediterranean seafood and wine bar. Just re-opened with a new menu and head chef — Jazz Bistro's Matthew Cowan.
- **Pukka, 778 St. Clair Ave. W.** Opened last November. Billed as the best modern Indian restaurant in Toronto. Pukka means solid, genuine, authentic.
- **Ferro Bar Café, 769 St. Clair Ave. W.** Traditional southern Italian cuisine. Family-operated since 1993. Industrial, avant-garde design.
- **The Stockyards, 699 St. Clair Ave. W.** A modern interpretation of the family diner. Wood-smoked Carolina style barbecue.

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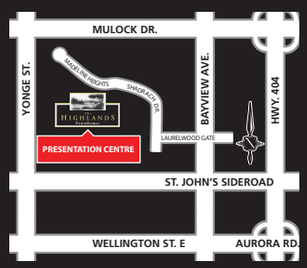

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Lighting can add drama and personality to any space. Fixtures are not permanent additions to a rental space, making them ideal for tenants looking to make changes to their new home. JENNY MARTIN DESIGN/HANDOUT/THE ASSOCIATED PRESS

Make a rental place your own

Savvy tenant decor.
Invest in items that can be easily installed and removed to personalize rental digs

Tenants face the challenge of how to make someone else's house their home within a limited budget and restrictions from landlords, but there are many ways they can introduce a personal touch to a rented space.

Renting as lifestyle choice

Rental properties seem like temporary housing, but according to interior designer Jenny Martin, a lot of people make renting their lifestyle choice and do it long term.

Invest in strategic pieces

"When a tenant moves into a place it can be hard to really make it their own without investing a bunch of money into something you'll be leaving behind," she says.

According to the Victoria-based Martin, renters should consider investing in strategic pieces that can be installed and removed easily when they move out.

Don't hesitate to ask

"Tenants just don't ask their landlords what they are open to."
Chantelle Butterfield, interior decorator

Switch up lighting fixtures

"People can purchase a feature dining room pendant to be installed by an electrician. The existing one is boxed up and the two are switched out when they leave," she says. "You may not want to do things like that if you were renting for a year. It would be better for a more long-term situation."

Make temporary modifications

Building managers and landlords may have strict rules around what changes can be made to a rental space, but Martin says there are ways tenants can add big impact to a space without making permanent modifications.

Can't paint? Pops of colour are still possible

If there are limitations on painting, the easiest way is to add a pop of colour through furniture, art and draperies.

Lean on architectural elements

"Spending more time on how your furniture relates to the space is important because you can integrate colours with pieces of furniture or toss pillows," Martin says. "A tenant could get a custom or antique mantel to lean against the wall to add some architectural elements without having to be installed."

Add value to the property

Even though landlords can have concerns about their renters making changes to their property, interior decorator Chantelle Butterfield says many are looking to add value to their home.

"Tenants just don't ask their landlords what they are open to," says Butterfield, owner of Funktional Spaces in Saskatoon.

Update kitchen cabinets

Butterfield says an easy way a tenant can both make a dramatic change to their rental space and add value to their landlord's property is by updating the kitchen with painted and refinished cabinet doors plus hardware.

"It's all a matter of budget, and what you have permission to do," says Butterfield. "Painting and refinishing the cabinets can add value to the home, but a tenant could remove the doors and replace them, and store away the old ones and take the new ones when they left."

Use your imagination

While it may seem tenants face restrictions, Butterfield says they are only limited by imagination and budget.

THE CANADIAN PRESS

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Digital art displays carve out a place in the home

Framed lets you display digital art remotely. FRAMED

Framed. Artwork from all over the internet to be instantly transferred to your own walls

Digital art is fast becoming one of the newest interior design trends and now a new start-up has come up with a slick way of integrating the concept into your home.

Framed is a HD-display screen set in a walnut frame which can be hung on your wall to display an infinite number of GIFs, videos, animations and graphics at the flick of a finger.

The smartphone-integrated device lets users instantly display art remotely using their iPhone or Android.

The luxury product comes with its own app, allowing artworks from all over the internet to be instantly transferred to your own walls. Users can interact with the device using hand gestures, and aspiring artists are encouraged to share their own work for purchase via the app.

"The evolution of technology and accessibility of the Internet has brought out a wonderful range of digital art, and now we have an innovative way of sharing that art, and presenting it in a way that pays respect to the artists that created them," explains FRM Co-Founder and Creative Director Yugo Nakamura.

The HD screen and integrated computer lets users display artworks found online, or even upload their own.

Framed has a Kickstarter starting price of $399 US. AFP

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It's the end of the roll as we know it. High tech holder rules the bathroom

The RollScout in brushed nickel. ROLLSCOUT

Conceived by its designers as a restroom accessory to help you go in peace, the RollScout automatically keeps track of toilet paper levels and can alert you in advance if the roll is reaching its end.

At first glance, RollScout looks like any other well-designed toilet paper holder, but it's one with a couple of clever high-tech tricks beneath its minimalist exterior.

Infrared sensors

Chief among them is a set of infrared sensors that measure the thickness of the roll currently in service. Once a roll passes a certain threshold, the RollScout's coloured warning system kicks in. A pulsing amber light will start to shine to attract attention and as the roll gets smaller still, the amber will give way to red.

Smartphone alerts

But that's just the start. If RollScout passes its initial $37,500 funding target — its Kickstarter campaign went live this week — the flashing lights will be augmented by smartphone alerts telling you that the upstairs bathroom is running low on paper and that you should do something about it.

Simple to install

The RollScout is powered by a single A23 battery — so no need to call out an electrician — and installation requires a drill and a screwdriver for fixing it to the wall, just like a regular toilet roll holder.

The production version will be available in a choice of finishes — polished gold, antique bronze, brushed nickel, ceramic white and 14K gold.

Although the RollScout is generating a lot of media attention, the buzz is so far not translating into financial support. At the time of writing, the gadget had attracted just 18 backers and a combined $664 despite early bird offers of a brushed nickel RollScout for just $59. AFP

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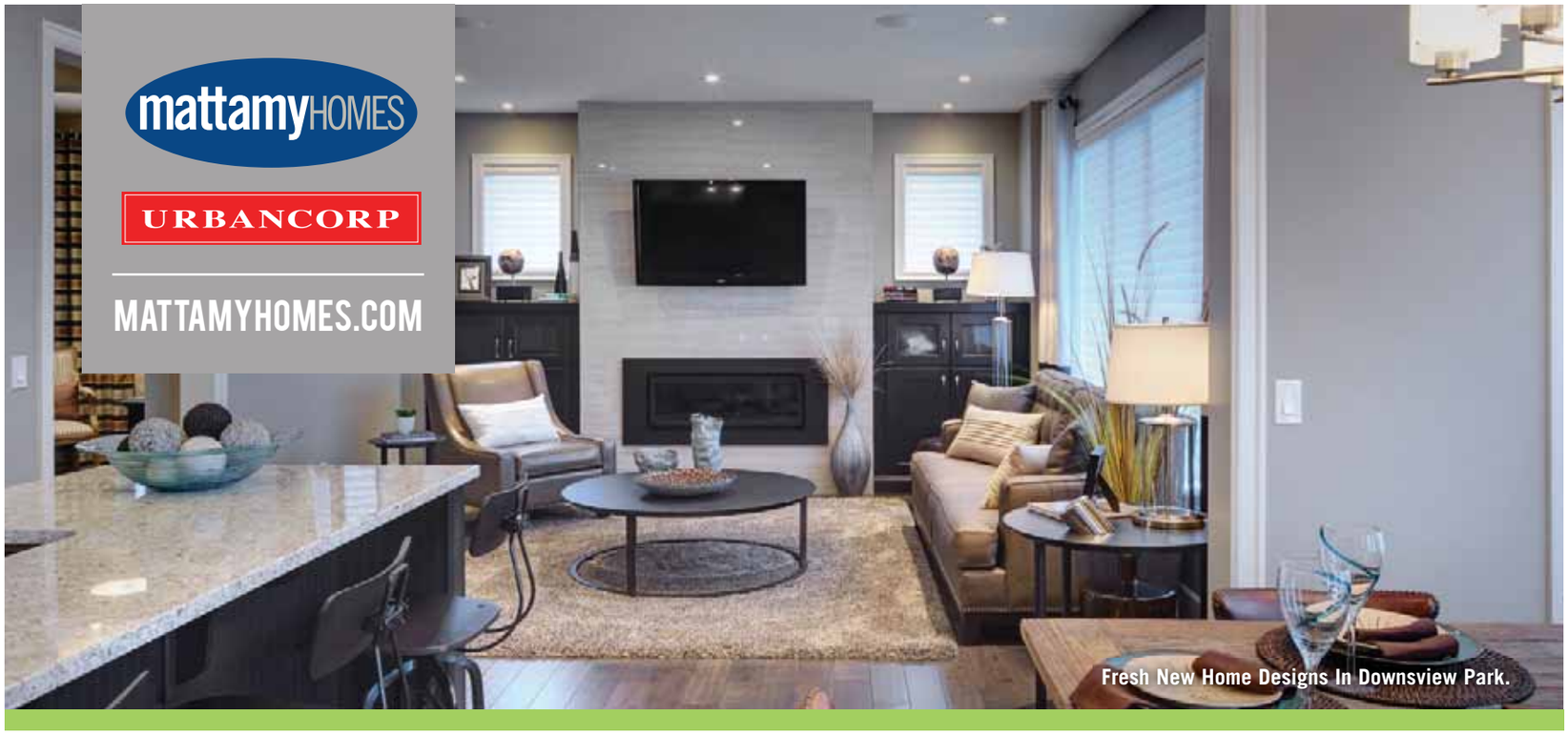

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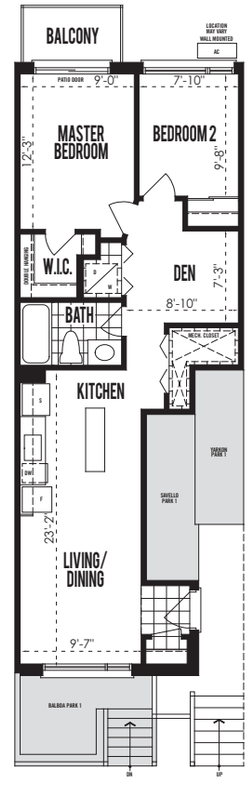

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*Price based on an RBC 5 year term, with 20% down and a 25 year amortization with an 18 month cap based on Monsanto Forest. Interest rates and housing prices subject to change.

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Back-to-campus

School days. How to furnish a room that's big on style even on the tiniest of budgets

Question: I am 26 and going back to university. I will be renting an unfurnished room and am looking to outfit it with a lot of style but without a lot of money. Any suggestions?

— Allison M., via email

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Start with planning out the room's large furniture pieces.

A captain-style bed frame (with drawers underneath), a vintage desk with storage and a bookcase are a good start. I suggest looking online at local classified sites (like Kijiji.ca and Craigslist) for local sellers who are close to the area you are moving to.

Purchasing used furniture pieces can not only save you money, but is very good for the environment and you tend to get better quality furnishings. If the seller is close to the area you are moving to, ask them to deliver your furniture pieces directly to your new place.

Once you have found the large furnishings, you can move onto the fun part of accessorizing your room with practical, yet attractive, things.

Look at off-price members' clubs for great deals on a new mattress, DIY home stores for the best deals on countertop appliances and desk lamps, and big-box stores for items such as bedding and towels.

Look online for quality used items like chairs, bed bases and rugs for sale. You'll save

Bedding, towels and a mattress topper are co-ordinated in one easy set. Reagan Fuschia Twin 11-Piece Varsity Campus Collection, $130.
BEDBATHANDBEYOND.CA

Swash. An at-home alternative to doing

A new at-home clothing care system that reduces wrinkles, refreshes fabric and restores fit in just 10 minutes to keep outfits looking good between washes could be the next big thing in home appliances.

Swash allows people to reduce or eliminate ironing, save on dry cleaning and better care for and preserve clothes at the push of a button, claim makers Proctor & Gamble and Whirlpool.

The design uses an integrated tension system to gently hold clothes in place, while an advanced spray technology applies a uniquely designed solution to the clothing. A rapid thermal drying function then dries garments quickly.

P&G and Whirlpool created the product after discovering that people are increasingly reluctant to excessively launder or dry clean their clothing for fear of damage. Cost is also a factor — people who dry clean at least once a month spend over $750 a year on the service, according to the brands.

Swash is currently available for pre-order at Bloomingdale's stores and on Bloomingdales.com for $499.99 US.

AFP

Touch-of-a-button solution

"People want a simpler and quicker way to care for clothing."

Brett Dibkey, vice-president of Whirlpool Corporation's Integrated Business Units

chic on the cheap

money and the environment. CONTRIBUTED

Co-ordinate with style

- **DO** choose one of the top three colours in your bedding and take inspiration from there. Towels, laundry bags and drapes that have colours co-ordinating with the bedding help to tie the space together.
- **DON'T** paint walls a trendy colour. Most landlords will insist the room be painted back to its original beige before you leave. Use large bulletin boards to hang colourful art work to help hide boring walls.
- **DO** look for LED up-lights that can wash the walls with some colourful lighting — it's an instant mood-setter for your room at night!
- **DO** buy furnishings that are proportionate to the room's size.

A multi-purpose counter appliance can heat water for coffee, tea or soup. Salton Instant Hot Water Dispenser, $60. WALMART.CA

A lamp that reduces the use of electricity and also charges your cell phone is a multi-use money saver. Solarland Desk Lamp, $32. HOMEDEPOT.CA

laundry

No installation required

The system plugs directly into a standard 120-volt wall outlet and requires no water, plumbing, pipes, vents, special hook-ups or professional installation.

- Swash can be used on denim, wool, polyester, Lycra, cotton, cashmere, sequins, delicate beading and lace.

Swash 10-Minute Clothing Care System. YOUTUBE

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Mixed-use development

Communities being built

BRYAN TUCKEY
President and CEO of the Building Industry and Land Development Association (BILD) can be found at twitter.com/bildgta, facebook.com/bildgta, and bildblogs.ca.

The building and development industry builds more than just homes. It creates complete communities so GTA residents can work, play and shop close to where they live.

A good example is World on Yonge in Markham, built by BILD member Liberty Developments, featuring office towers, condominiums, a hotel and retail space which includes a 40,000-square-ft. grocery store.

"It's office, retail and residential at one site," explains Liberty's senior vice-president and general counsel Marco Filice. "Your friends come from out of town, they can stay at the hotel. You need to shop, you can go to the mall. You want to work at the office building, you work at the office building. World on Yonge is a true mixed-use community in compliance with Places to Grow, 20 years ahead of schedule."

There are also two acres of new public parkland on site. In fact, more than 40 per cent of the site is parkland or green roof technology — a system that collects all the rainwater from the site into a 60,000-gallon cistern, which then reuses it for grass, plants and public toilets.

Another environmentally conscious feature is the amount of underground parking. World on Yonge limits one parking spot per unit to encourage walking or cycling. This is where it helps to have a mall so close to your home.

If you do need to commute, public transit and major highways are just minutes away — yet another example of a project's conformity to Places to Grow.

"It's a unique project, and it was enjoyable to build," Marco said.

"I hope it can be used as a demonstrable tool about how to build sustainable development for others.

What's hot on the condo market

DUNCAN MCALLISTER

1. Downtown

"Own The Lake" Event: Presented by Deerhurst Lakeside Lodge. Own a piece of the Muskokas. Check it out at 200 Victoria St. on July 24 from 6 to 8 p.m.

CONTACT: OWNDEERHURST.COM

2. North York

Emerald City condominiums summer special. One day only, July 26, 12 to 5 p.m. Head to the sales centre at Sheppard Ave. E. and Don Mills.

CONTACT: 416-492-0001, EMERALDCITYLIFE.CA

3. Etobicoke

Open House: A spectacular two-bedroom, two-bath lower penthouse condo in Beyond the Sea. Make your way to 2230 Lake Shore Blvd. W. by the Humber River. July 26 from 3 to 5 p.m.

CONTACT: 416-800-0812

4. The Annex

Sales Event: South Hill on Madison, new investor suites at the base of Forest Hill. One-day sale takes place July 30. Contact Alex J. Wilson to register.

CONTACT: 647-352-5181, CONTACT@ALEXJWILSON.COM

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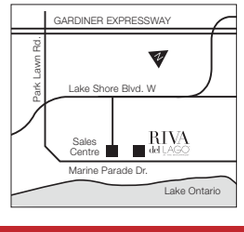

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Boutique living north of the city

Pace on Main in Stouffville. CONTRIBUTED

Meet the condo

- **What.** Pace on Main
- **Builder.** Geranium Homes
- **Location.** Main Street, Stouffville
- **Website.** geraniumhomes.com
- **Pricing.** Low $300,000s to just under $550,000
- **Building.** Five storeys with 67 suites
- **Sizes.** From 650 to 1,129 sq. ft.
- **Suites.** One-bedroom to two-bedroom plus den
- **Status.** Currently selling in pre-construction

The project overview

Pace on Main is a boutique condominium building in the heart of Stouffville's lively downtown that's within walking distance of this growing community's many amenities. It is also Geranium's first mid-rise condominium, featuring a brick and stone facade and unique window treatments.

Location and transit

Located on the southeast corner of Main and Lloyd Streets, the building is steps to the GO Station. Commuters have access to Highways 48, 404 and 407. Toronto to the south is just a short drive away. You can be downtown in about an hour.

In the neighbourhood

Stouffville boasts many shops, restaurants and services as well as nearby Memorial Park and its adjoining trail system. Fitness and cultural activities can be found at the Whitchurch-Stouffville Leisure Centre or 19 On The Park Lebovic Centre for Arts and Entertainment.

Building amenities

Residents will enjoy The Main Street Lounge — a common area with comfortable seating, fireplaces, a kitchen and bar plus a billiards table. The room provides access to a landscaped outdoor terrace with barbecues, dining and seating areas.

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Toronto FC spurned by Spurs in friendly

Soccer. With positive result within reach for Reds, Premier League side pounces

Tottenham Hotspur's Kyle Naughton, centre, and Toronto FC's Gilberto do battle in the air during Wednesday night's friendly at BMO Field. DARREN CALABRESE/THE CANADIAN PRESS

Winger Andros Townsend scored in the 85th minute to give Tottenham a 3-2 win over Toronto FC in a friendly Wednesday that saw Toronto striker Jermain Defoe go up against his old English team.

Andrew Wiedeman and Canadian teenager Jordan Hamilton had scored second-half goals to pull the home side even before a sellout crowd of 22,591 at BMO Field. But Lewis Holtby played provider, driving towards goal and finding Townsend, who curled a shot past Quillan Roberts, another TFC homegrown teenager.

It was a game of two halves, with Argentine midfielder Erik Lamela scoring twice for Tottenham in the first and Toronto answering back in a far more competitive and entertaining second after the teams combined for 17 changes at the break.

Defoe wore the captain's armband but got virtually no service from his teammates and found himself having to take up the role of playmaker to get something going. The England striker was substituted at halftime, one of seven changes by manager Ryan Nelsen. Veteran Dwayne De Rosario took over as captain.

On a night where he was on the marquee, Defoe was largely on the outside looking in.

Tottenham controlled the first 45 minutes against a makeshift Toronto lineup, controlling possession for long stretches and then dispossessing Toronto when the home side got it back. Tottenham outshot Toronto 10-0 (3-0 in shots on target) in the first 45 minutes.

Toronto, with six Canadians on the field, had a much stronger start to the second half and Wiedeman cut the deficit to 2-1 in the 65th minute. Rookie winger Daniel Lovitz, one of the bright spots for Toronto, made the goal by pouncing on a Tottenham turnover and driving towards goal before opening up the defence with a through ball to Wiedeman

Hamilton tied it up in the 73rd minute, capping off passes from Nick Hagglund and Wiedeman with a clinical left-footed shot from the edge of the penalty box. The 18-year-old striker from Toronto has been playing for the Wilmington Hammerheads of the USL Pro league this season.

THE CANADIAN PRESS

On Wednesday

3	2
Hotspur	Toronto FC

- TFC acquired versatile midfielder Warren Creavalle from Houston on Wednesday, paving the way for Dynamo to sign U.S. international DaMarcus Beasley as a designated player.
- The Brooklyn native Creavalle has three goals in 54 games with Houston.

Warren Creavalle
GETTY IMGES

Soccer

Champions League qualifier pulled out of Ukraine

Ukrainian football club Dnipro Dnipropetrovsk says UEFA has moved the first leg of its Champions League qualifier against FC Copenhagen out of eastern Ukraine.

The city of Dnipropetrovsk had previously been approved by UEFA despite the conflict in Ukraine, but the European body moved the third qualifying round match to Kyiv.

THE ASSOCIATED PRESS

MLB

37

Boston slugger David Ortiz's home run against the Blue Jays on Wednesday night, his fourth of the series, was his 37th in his 107th game in Toronto. His three-run home run off R.A. Dickey pushed him passed Alex Rodriguez as the visiting player with the most home runs in the stadium's history. Go to metronews.ca for coverage of the Jays' 6-4 win.

MLB

Mets' Colon flirts with perfection

Bartolo Colon came within seven outs of a perfect game, giving up a single to Robinson Cano with two outs in the seventh inning, and the New York Mets held off a late rally to beat the Seattle Mariners 3-2 on Wednesday.

The 41-year-old Colon retired the first 20 batters he faced before Cano lined a 2-2 pitch into left field. Colon (9-8) improved to 13-1 all-time at Seattle's Safeco Field. THE ASSOCIATED PRESS

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Stamkos on returning to Toronto: 'We'll see'

LeBron's path. Tampa Bay forward focused on 2014, not 2016

LeBron James going home to play for the Cleveland Cavaliers led to speculation about whether a star NHL player might do the same in the near future.

Naturally, Steven Stamkos was at the centre of that speculation. The Tampa Bay Lightning captain and Markham native could be an unrestricted free agent in the summer of 2016, and the allure of playing for the Toronto Maple Leafs could be there.

"We'll see what happens. It's a couple years away," Stamkos said Wednesday. "Right now I'm focused on what I have to do to win in Tampa, and I think we've really established ourselves as a team that can compete in upcoming years.

"For me, that's the important thing, is getting a chance to win. It looks like we're going to have that chance for a couple years."

At the age of 24, Stamkos is one of the most marketable stars in the NHL. He has topped 50 goals in a season twice already and only missed out on representing Canada at the Sochi Olympics because of a broken leg.

Stamkos made a run with the Lightning to the Eastern Conference final in 2011, and Tampa Bay was swept by the Montreal Canadiens in this year's playoffs. The Stanley Cup is his priority now, something he can legitimately think about with general manager Steve Yzerman piecing together one of the best young teams in the league.

"We have a good thing going down in Tampa," Stamkos said at a Coca-Cola ball-hockey promotional event. "We have a great owner, we got a great GM in Steve Yzerman and we got a good young team."

THE CANADIAN PRESS

Southern comfort

"The great thing about playing in Tampa is hockey isn't the mecca that it is here in Toronto and you can kind of go about your life and kind of get away from the game when you need to." Steven Stamkos

Scots welcome Canucks

Flag bearer Susan Nattrass leads the Canadian team as it arrives at the Commonwealth Games opening ceremony at Celtic Park in Glasgow, Scotland, on Wednesday. The Canadians followed Nattrass, a seven-time world champion in trap shooting, to the tune of Arcade Fire's Rebellion (Lies) and a loud roar from the fans. Canada's 265 athletes hope to climb back onto the overall podium after finishing fourth at the Games four years ago in New Delhi. Scan the image with the Metro News app for photos from the opening ceremony. ANDREW VAUGHAN/THE CANADIAN PRESS

NHL

Avs ink top scorer to two-year deal

The Colorado Avalanche have avoided arbitration with Ryan O'Reilly by signing the versatile forward to a two-year deal.

O'Reilly led the team with a career-high 28 goals last season and won the Lady Byng Memorial Trophy.

THE ASSOCIATED PRESS

Tour de France

Majka wins stage as Nibali gains ground

Poland's Rafal Majka won the 17th stage of the Tour de France in a late breakaway on the last of four tough climbs in the Pyrenees.

Vincenzo Nibali trailed by about a minute and gained key seconds on his main rivals as he retained the leader's yellow jersey that he's worn for all but two stages this year.

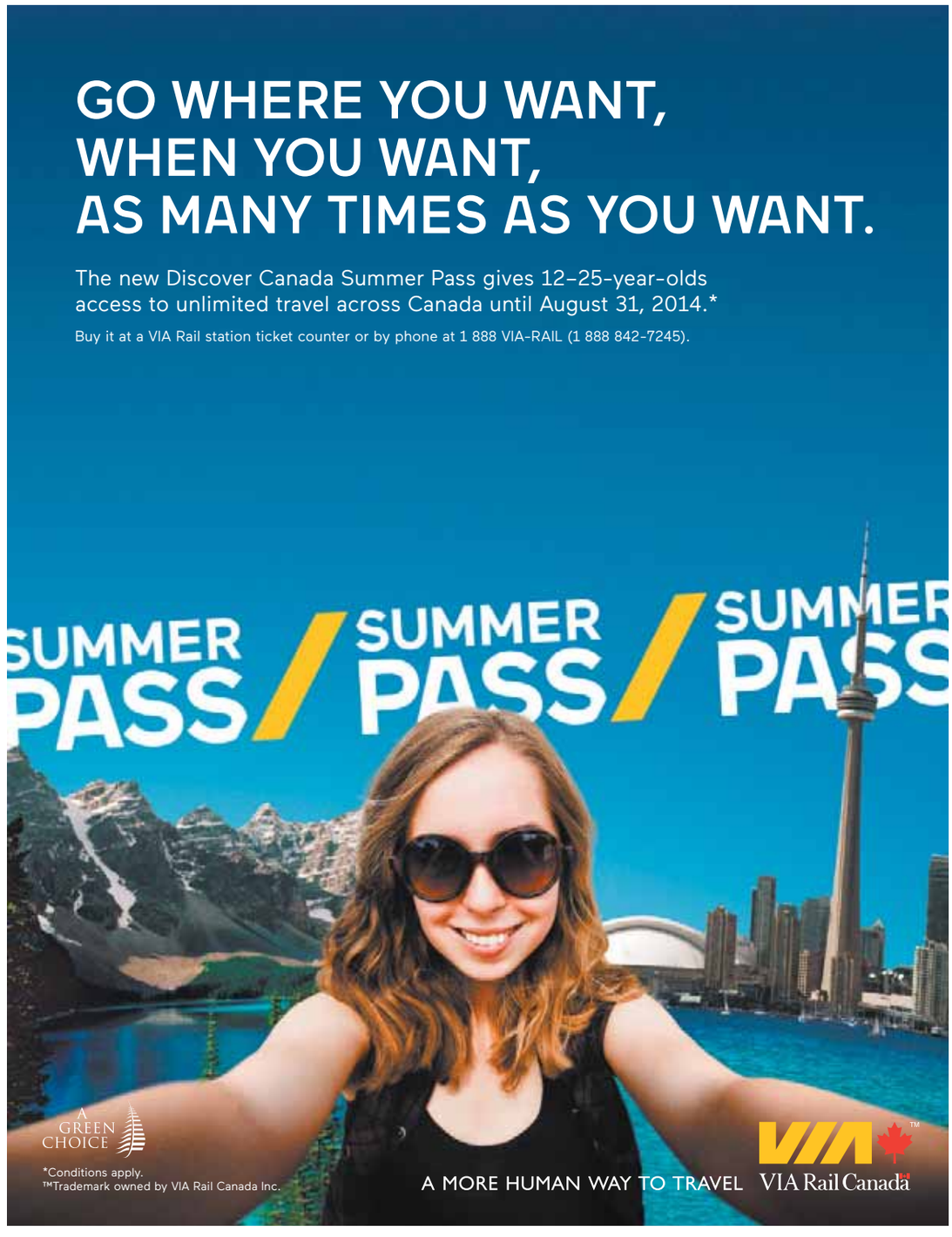
It was Majka's second stage win. THE ASSOCIATED PRESS

Rafal Majka crosses the finish line in front. PETER DEJONG/THE ASSOCIATED PRESS

Buffalo Bills

"I have a passion for this game and I want to be here to help this organization achieve its goals."

Bills defensive tackle Marcell Dareus, after missing the first three days of training camp. Dareus released a statement saying he hoped to regain his teammates', coaches' and fans' trust after two off-season arrests and poor conditioning.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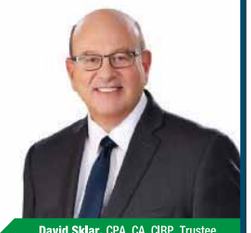

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Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Commit yourself to a goal that others say is beyond your reach. With the Sun linked to Jupiter today there is nothing you cannot do. You will take delight in proving the doubters wrong.

♉ Taurus
April 21 - May 21
Someone close to you needs a confidence boost and you are the one who can offer it. Do what you know will make them feel good about themselves.

♊ Gemini
May 22 - June 21
Use your mind more over the next 24 hours. Take on mental challenges that at other times might confuse or bemuse you. The more you use your brain power, the more you will gain.

♋ Cancer
June 22 - July 23
The best way to deal with your current problem is to let it be. You may want to put the world to rights but the planets say it isn't going to happen, so relax.

♌ Leo
July 24 - Aug. 23
The Sun close to Jupiter in your sign means the bad times are now over and you will go to the other extreme and have the time of your life.

♍ Virgo
Aug. 24 - Sept. 23
That nagging voice at the back of your mind is trying to tell you something important, so listen. If you don't you may look back later and wish you had been more trusting of its words.

♎ Libra
Sept. 24 - Oct. 23
You have talent but it is only one part of the equation. The more vital part is enthusiasm, and with Jupiter strong in your chart at the moment you've got it coming out of your ears.

♏ Scorpio
Oct. 24 - Nov. 22
Current influences will give a boost to your ambitions but success won't just land in your lap. You'll have to work for it.

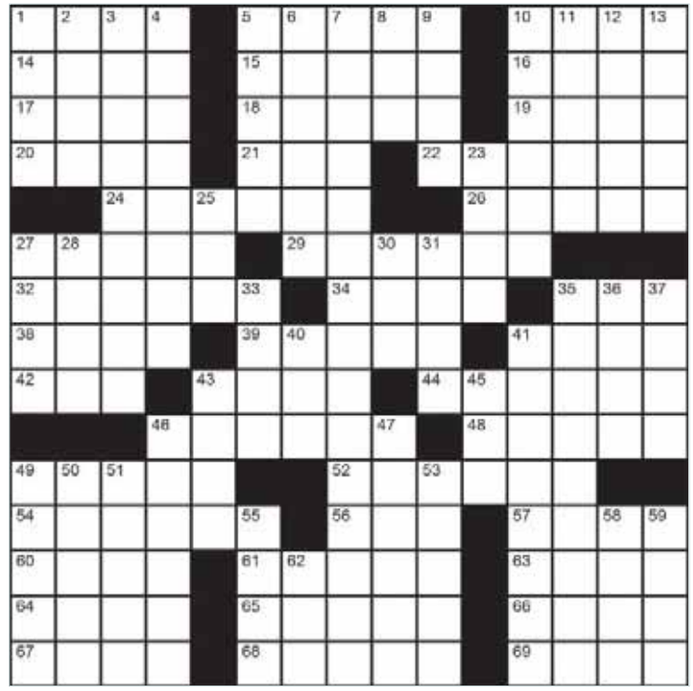
♐ Sagittarius
Nov. 23 - Dec. 21
Confidence will not be in short supply over the next few days but what about common sense? The good news is you seem to have learned how to set goals. You'll go far.

♑ Capricorn
Dec. 22 - Jan. 20
It's not often you probe the deepest corners of your mind but over the next 24 hours you will ask some rather profound questions. You already knew the answers though.

♒ Aquarius
Jan. 21 - Feb. 19
If you want to get things done over the next few days you must bring others into your plans. If you think you can do it your own you are mistaken.

♓ Pisces
Feb. 20 - March 20
The cosmic powers never ask you to do more than you are capable of, so don't worry if the assignment you have taken on looks huge — you will find a way to ace it.

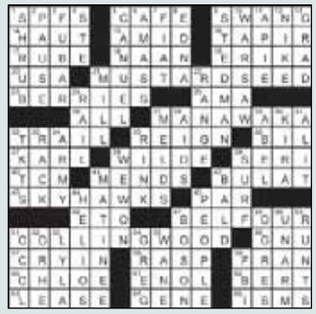
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. "Sure __ __ standing here!"
5. Vancouver Island natural wonders
10. Cheer
14. Fashion designer, __ Rabanne
15. Eurythmics' "Would I __ __ You?"
16. Equal
17. Long journey
18. __-fartsy
19. Appraise
20. Vault
21. Jann Arden's "Could _ __ Your Girl"
22. __ Energy of Canada Limited
24. Director Mr. Bergman
26. __ a clue (Doesn't know)
27. Sports venue
29. Canadian actor Victor
32. Mint drinks
34. Lunchtime
35. Shape, axe-style
38. Raggedy Ann's pal
39. Quizzes
41. __ cow ($$$)
42. CV
43. Ex-Idol judge Ms. DioGuardi
44. President's __ (Canadian brand in select grocery stores)
46. Music - Non-flats/Non-sharps: The __ __ _
48. 'The King', in Spanish: 2 wds.
49. "Encore!"
52. Ontario: Bruce Peninsula attraction, __ Five National Marine Park
54. "Bye Bye Mon Cowboy" songstress
56. Mount __ (Volcano of Japan)
57. Tide type
60. 1700s French novel, Gil __
61. Incisions
63. "__ have to do."
64. Drawn dog
65. Donald Trump's second wife Ms. Maples
66. Comfort
67. Everyone, in Dixie
68. Grateful Dead's "__ Jones"
69. Untidy type

Down
1. Condo alternatives
2. Cake make, __ Lee
3. Canadian Rockies scenic drive, __ Parkway
4. East Coast music: "Sucker" by __ __ with Joel Plaskett
5. Purport
6. Car safety feature
7. Julian Fantino, Minister of __ __
8. UFO passengers
9. Non-milk milk
10. Brouhaha
11. Paper quantities
12. Gain admittance: 2 wds.
13. Put up a building
23. And so...
25. Discontinuity
27. Open slightly
28. Old Scandinavian symbol
30. Decay
31. Particular pear
33. Remain
35. 1980s music genre: 2 wds.
36. 'Opal' suffix
37. __ protein powder
40. 'Ranch' suffix
41. French and British settlements in early Canada
43. Casino game
45. Villain's chuckle, when repeated
46. Country singer, Brett __, from Flat Lake, Alberta
47. Windsor __
49. "Journey to the Center of the Mind" by The __ Dukes
50. Ms. Radner
51. '60s song: "Shake _ __ Feather"
53. "Who's ___ __?" (Maybe)
55. Gomer Pyle's mil. division
58. As well
59. Non-royal
62. One of the Teletubbies, when doubled

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

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Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

7				5				2
6		2		9		4		3
		1	2		7	8		
2								5
			4		5			
3								7
		9	7		6	5		
1		7		3		9		4
5				8				6

Yesterday's Sudoku

1	4	2	5	3	6	9	7	8
7	3	9	8	2	4	5	6	1
8	5	6	7	1	9	3	2	4
4	9	3	1	5	2	7	8	6
5	6	1	4	7	8	2	9	3
2	7	8	6	9	3	1	4	5
6	2	5	9	8	1	4	3	7
3	1	4	2	6	7	8	5	9
9	8	7	3	4	5	6	1	2

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